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SPICES AND HERBS
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AGRICULTURE HANDBOOK No. 8-2
UNITED STATES DEPARTMENT OF AGRICULTURE
AGRICULTURAL RESEARCH SERVICE

COMPOSITION OF FOODS

SPICES AND HERBS: RAW, PROCESSED, PREPARED

U.S.

By Consumer and Food Economics Institute

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AGRICULTURE HANDBOOK NO. 8-2

**AGRICULTURAL RESEARCH SERVICE • UNITED STATES DEPARTMENT OF AGRICULTURE
WASHINGTON, D.C.**

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FOREWORD

Agriculture Handbook No. 8 represents a traditional function of the Agricultural Research Service of the U.S. Department of Agriculture. The development of the basic food composition tables used in the United States commenced more than 80 years ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in the USDA. In 1896, the now classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and health-related scientists depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." It is envisaged that this edition of Agriculture Handbook No. 8 will in its turn also be replaced. The task of deriving representative nutritive values of foods is a historical responsibility of USDA. This task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.



T. W. Edminster, Administrator
Agricultural Research Service

AGRICULTURE HANDBOOK NO. 8 SERIES

<u>Series No.</u>	<u>Food group</u>	<u>Year issued</u>	<u>Number of items</u>
8-1	Dairy and Egg Products	1976	144
8-2	Spices and Herbs	1977	43

PREFACE

Revision and updating of the major nutrient tables issued by the U.S. Department of Agriculture are needed to provide current nutrient information on foods. This revision of Agriculture Handbook No. 8 is being issued in sections so as to expedite release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products.

To facilitate continuous, rapid updating, the handbook is being prepared in looseleaf form. Each page contains the nutrient profile of a single food item, given on the 100-gram food basis, in two common measures, and in the edible portion of 1 pound as purchased, a format permitting a concise presentation of the data and comparison of values from one unit of measure to another. The scope of the nutrient listing has been enlarged. Values are provided for refuse, energy, proximate composition (water, protein, fat, carbohydrate, and ash), 7 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B₆, folacin, vitamin B₁₂, and vitamin A), individual fatty acids, total saturated, mono-unsaturated, and polyunsaturated fatty acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. It is hoped that the revised and enlarged compilation of data will meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

ACKNOWLEDGMENTS

The principal investigators gratefully acknowledge the contributions of Carole A. Brignoli of the University of Maryland for fatty acid data, and the following members of the Consumer and Food Economics Institute: M. Louise Orr for amino acid data, Catherine F. Adams for weights of household measures, and Brucy C. Gray and Philip C. Washburn for their assistance with statistical analyses and computer programing. We also express our gratitude to the many individuals in various government agencies and private industry who supplied data and information used in this study.

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COMPOSITION OF FOODS

SPICES AND HERBS RAW · PROCESSED · PREPARED

This is the second in a series of publications designed to revise and expand the food composition values published in Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," revised in 1963 (*11*).¹ This section was prepared to serve as a basic refer-

ence for data on nutrients in spices and herbs. Data are presented for 39 individual spices and herbs and 4 spice mixtures. Only two of these items, chili powder and sesame seed, were included in the 1963 edition.

SOURCES OF DATA

The data used here were obtained from both published sources and private communications. Published sources consist of the scientific and technical literature, numerous special bulletins, research reports, and other documents containing data or relevant material. Sources

of unpublished data include industry, government agencies, and academic institutions. Studies conducted under contract with the Agricultural Research Service also provided a considerable amount of information.

EXPLANATION OF TABLE

Format

The data are shown in terms of 100 grams, edible portion; as the amount in two frequently used household measures, a teaspoon and a tablespoon; and as the amount in 1 pound (453.6 grams) of food as purchased. The measure and weight are given at the top of columns E and F. Abbreviations are listed in the appendix. Spices and herbs included in this table have refuse values of zero since they are consumed as purchased. Certain forms of these spices (e.g., whole bay leaves, stick cinnamon) have not been included because of the lack of data on nutrients extracted from them before they are discarded.

Statistical expressions of the data have been included. To meet the increasing demands by users of the food composition table for estimates of the variability and reliability of the nutrient data, the standard error of the values on the 100-gram food basis and the number of samples on which the 100-gram values are based have been incorporated into the table.

Data in column B are the sample means. Values in column C are the sample standard errors, which are shown when the number of samples is greater than two. The standard errors are given to the same number of

significant figures as the corresponding nutrient data in column B.

Column D contains the number of samples on which values in columns B and C are based. For some food items, mean values are given without an accompanying standard error and number of samples. These values are imputed from another form of the food, from a similar food, or from calculated values based on a recipe.

Means for the fatty acids per 100 grams of food were obtained by multiplying the mean grams per 100 grams of methyl esters by the appropriate factors to obtain mean grams per 100 grams of total lipid, which were then multiplied by the means of the proportion of total lipid in the food. Since samples for fatty acids and total lipid were considered to be independent, the formula for the variance of the product of two independent samples was used to obtain pooled standard errors.

The number of decimal places to which the data for some nutrients are given differs from that of the 1963 handbook. The decimal places shown are those in which the bulk of the analytical data were obtained. Because this publication serves as a basic general reference, the data are in an unrounded form. To preserve the appropriate relationships among the different weights of the same food, the same number of decimal places shown for data on the 100-gram basis was carried for data given

¹ Italic numbers in parentheses refer to Literature Cited, p. 4.

in other units of measure. The number of decimal places does not always reflect the accuracy of the data for all nutrients in all food items.

As in the 1963 handbook, an alphabetical arrangement of foods has been followed in the table. An index containing the names of the products and item numbers is included. It also contains the corresponding item numbers from the 1963 edition in order to clearly indicate those food products that are carried forward.

The item number used in the table consists of two parts. The first designates the section or major food group for which the publication is issued. The second or consecutive part of the number indicates the food item and should be used to locate the item in place of a page number. Each page in the table is dated by year of preparation. When the table is updated or expanded, new pages will be issued with instructions on how they should be inserted.

Nutrients

Proximate.—Data for water are given as grams in the edible portion of the food. Food energy is expressed in terms of both kilocalories and kilojoules. The data are for physiologic energy values and represent the gross energy value remaining after losses in digestion and metabolism have been deducted. The specific caloric factors used for spices and herbs are given in the appendix. They are based on the Atwater system for determining energy values. Details of the derivation of these factors are outlined in Agriculture Handbook No. 74 (5). Kilocalories were converted into kilojoules using the factor 4.184.

The values for protein were calculated from determinations of the content of nitrogen (N) in the food using the conversion factors recommended by Jones (3). The specific factor applied to each food item is shown in the stub of the table following protein.

The carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, fat, and ash. This carbohydrate value includes fiber.

Minerals.—Data on the content of seven minerals are included in the table. Zinc has been added to the minerals that were reported in the 1963 handbook. The mineral data were obtained primarily by flame photometry and by atomic absorption and emission spectroscopy. The mineral values represent the total amount present in the food and are not necessarily the amount of the mineral element available to the body. Availability is affected by many factors and a multiplicity of conditions about which present information is inadequate.

Vitamins.—Ascorbic acid values are expressed in terms of total ascorbic acid, which is reduced plus dehydroascorbic acid. Microbiological methods and the chemical procedure by which thiamin is oxidized to thiochrome and measured fluorometrically were used to determine values for thiamin. Fluorometric and microbiological methods were used to derive values for riboflavin.

The values for niacin do not include the niacin that could be contributed by tryptophan, a niacin precursor. "Niacin equivalent" or potential niacin value, which is the sum of preformed niacin and the amount that could be derived from tryptophan, can be calculated. In estimating the amount of niacin available from foods, the mean value of 60 mg of tryptophan is considered equivalent to 1 mg of niacin (6).

Vitamin B₁₂ is not present in plant products, and data on other B vitamins (pantothenic acid, vitamin B₆, folacin) in spices and herbs are very scarce.

Values for vitamin A were calculated from data for beta-carotene and carotenoid precursors of vitamin A. Vitamin A activity is expressed both as international units (IU) and as retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Lipids.—Trivial or scientific names for the fatty acids have not been used because the values for the unsaturated acids include positional and geometric isomers. In the list of fatty acids, the first number refers to the carbon atoms and the second to the double bonds in the chain. Only data obtained by gas-liquid chromatographic analyses are given in the table. The values shown are for the actual quantity of each fatty acid in the food and do not represent fatty acid triglycerides. For spices containing fatty acids not given in the table (20:0, 22:0, 24:0, 14:1, 24:1, 20:2, 22:2), the total will exceed the sum of the fatty acids listed.

Since spices are derived from plants, they contain no cholesterol.

Amino acids.—The data represent results obtained using both microbiological and chromatographic methods. Amino acid contents of each food were calculated from the mean amino acid contents per gram of nitrogen using the protein content and nitrogen factors given in the table for the specific food. The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount in a specific quantity of food by the nitrogen content of the same specific quantity of food.

NOTES ON SPICES AND HERBS

Spices and herbs, which include a variety of aromatic plant products with pungent flavors, are used to enhance the natural flavor of foods and beverages. Generally spices are defined as parts of tropical plants, and herbs are the leafy parts of temperate-zone plants (1).

Spices may be grouped according to their botanical structures. To derive factors for calculating energy values, the classifications given by Parry (7) were used. They are listed in the appendix. Some spices, including anise, caraway, celery seed, coriander, cumin, dill, and fennel, although called seeds, are actually the fruit of the plant. Fenugreek is a leguminous seed, cassia and cinnamon are bark, clove is a flower bud, and saffron is the stigma of a type of crocus flower.

Cardamom fruit is a small capsule containing from 15 to 20 brown-black seeds. Although cardamom as processed may be whole or crushed capsules or whole or ground seed, data for all forms are reported as ground cardamom.

Data for cassia and cinnamon were similar for all nutrients and frequently could not be distinguished. Although they are from different trees, cassia and cinnamon are similar in flavor and have the same end uses (2). For these reasons and because cassia has almost entirely replaced cinnamon as a spice in this country (9), the data for each have been combined in establishing nutrient values for use in the table.

To derive values for the content of the spice mixtures, the following formulas were selected from the literature (8):

	<u>Percent</u>
Poultry seasoning:	
White pepper	35
Sage	15
Thyme	10
Marjoram	10
Savory	10
Ginger	10
Allspice	5
Nutmeg	5

This formula was selected for pumpkin pie spice:

	<u>Percent</u>
Cinnamon	40
Ginger	20
Nutmeg	20
Allspice	10
Cloves	10

For most spices, the factors of Jones (3) were judged to be the best estimate for calculating protein content. For mustard seed, Tkachuk (10) and MacKenzie (4) reported factors in good agreement, averaging 5.40, slightly higher than Jones' general factor for seeds of 5.30. Black and white pepper contain alkaloids of the piperine family. Allowing for the alkaloidal nitrogen, which is approximately 14 percent of the total nitrogen in the pepper berry, a factor of 5.35 was calculated for use with black and white pepper only. The protein conversion factors for the mixtures were determined by weighting the factors for each component.

For calculating calories from fat, protein, and carbohydrate contents, the Atwater factors (5) were applied where suitable. For fat, the general factor for plant foods of 8.37 was applied. Piperine in black and white pepper is extracted along with lipids in the determination of total lipid. To obtain the values in the table, piperine was subtracted from total lipid. From these corrected values for total lipid, the contribution of fat to calories was calculated. For protein conversion, the factor for fruits was applied to fruiting parts; the factor for underground crops was applied to roots and bulbs, and that for other vegetables to leaves and stigmas. For converting protein in seeds, the factor for legumes and nuts was applied; for protein in bark, the factor for 100 percent wheat bran was used; and for black and white pepper, the factor for chocolate and cocoa was used.

For conversion of carbohydrate, spices were classified according to fiber content. For spices containing less than 10 percent fiber, established Atwater factors for similar foods were used. For spices containing more than 10 percent fiber, coefficients of digestibility were calculated and multiplied by appropriate heats of combustion (5).

	<u>Percent</u>
Chili powder:	
Red pepper	83
Cumin	9
Oregano	4
Salt	2.5
Garlic powder	1.5

	<u>Percent</u>
Curry powder:	
Coriander seed	36
Turmeric	28
Cumin	10
Fenugreek seed	10
White pepper	5
Allspice	4
Yellow mustard	3
Red pepper	2
Ginger	2

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APPENDIX

List of Abbreviations

g	gram
IU	international unit
kcal	kilocalorie
kJ	kilojoule
mcg	microgram
mg	milligram
N	nitrogen
RE	retinol equivalent
tbsp	tablespoon
tsp	teaspoon

Grouping of Spices and Herbs

<u>Leaves</u>	<u>Fruits</u>	<u>Seeds</u>
Basil	Allspice	Fenugreek
Bay leaf	Anise	Mustard, yellow
Chervil	Caraway	Nutmeg
Coriander leaf	Cardamom	Poppy
Dill weed	Celery seed	Sesame
Marjoram	Coriander seed	
Oregano	Cumin	
Parsley	Dill seed	<u>Bark</u>
Rosemary	Fennel seed	
Sage	Mace	Cassia
Savory	Paprika	Cinnamon
Tarragon	Pepper, black	
Thyme	Pepper, red	
	Pepper, white	
<u>Bulbs, roots</u>	<u>Buds, stigmas</u>	<u>Mixtures</u>
Garlic	Cloves	Chili powder
Ginger	Saffron	Curry powder
Onion		Poultry seasoning
Turmeric		Pumpkin pie spice

Specific Factors for Calculating Energy Values¹

	<u>Protein</u> (kcal/g)	<u>Carbohydrate</u> (kcal/g)
Leaves:		
Less than 10% fiber	2.44	3.57
More than 10% fiber	2.44	3.00
Fruits:		
Less than 10% fiber	3.36	3.60
10-20% fiber	3.36	2.90
20-30% fiber	3.36	2.35
10-20% fiber, high starch	3.36	3.20
More than 20% fiber, high starch	3.36	1.95
Less than 10% fiber, contain piperine	1.83	3.78
More than 10% fiber, contain piperine	1.83	3.20
Seeds:		
Less than 10% fiber	3.47	4.07
More than 10% fiber	3.47	3.25
Bark	1.82	2.35
Bulbs, roots	2.78	3.84
Buds	1.82	2.85

¹ For calculating fat, the specific factor is 8.37 kcal per gram.

INDEX TO SPICES AND HERBS

	Item No.
	AH-8 AH-8-2
	(1963) (1977)
Allspice, ground	02-001
Anise seed	02-002
Basil, ground	02-003
Bay leaf, crumbled	02-004
Caraway seed	02-005
Cardamom, ground	02-006
Celery seed	02-007
Chervil, dried	02-008
Chili powder	1544 02-009
Cinnamon, ground	02-010
Cloves, ground	02-011
Coriander leaf, dried	02-012
Coriander seed	02-013
Cumin seed	02-014
Curry powder	02-015
Dill seed	02-016
Dill weed, dried	02-017
Fennel seed	02-018
Fenugreek seed	02-019
Garlic powder	02-020
Ginger, ground	02-021
Mace, ground	02-022
Marjoram, dried	02-023
Mustard seed, yellow	02-024
Nutmeg, ground	02-025
Onion powder	02-026
Oregano, ground	02-027
Paprika	02-028
Parsley, dried	02-029
Pepper, black	02-030
Pepper, red or cayenne	02-031
Pepper, white	02-032
Poppy seed	02-033
Poultry seasoning	02-034
Pumpkin pie spice	02-035
Rosemary, dried	02-036
Saffron	02-037
Sage, ground	02-038
Savory, ground	02-039
Sesame seed, decorticated	2033 02-040
Tarragon, ground	02-041
Thyme, ground	02-042
Turmeric, ground	02-043

TABLE OF NUTRIENT DATA FOR ITEM NOS. 02-001 THROUGH 02-043

[Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount. Blank spaces indicate that the presence of the nutrient is uncertain.]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	B	C		E	F		
A				1 tsp = 1.9 g	1 tbsp = 6.0 g		G
PROXIMATE:							
Water	g	8.46	± 0.273	40	0.16	0.51	38.40
Food energy	{ kcal	263			5	16	1,192
	{ kJ	1,099			21	66	4,990
Protein (N X 6.25)	g	6.09	± .336	35	.12	.37	27.65
Total lipid (fat)	g	8.69	± .120	214	.17	.52	39.43
Carbohydrate, total	g	72.12			1.37	4.33	327.42
Fiber	g	21.64	± .4208	64	.41	1.30	98.26
Ash	g	4.65	± .0408	259	.09	.28	21.10
MINERALS:							
Calcium	mg	661	± 76.6	7	13	40	2,999
Iron	mg	7.06	± .474	7	.13	.42	32.04
Magnesium	mg	135	± 12.1	6	3	8	612
Phosphorus	mg	113	± 6.24	4	2	7	514
Potassium	mg	1,044	± 67.81	8	20	63	4,740
Sodium	mg	77	± 7.2	9	1	5	350
Zinc	mg	1.01	± .167	7	.02	.06	4.56
VITAMINS:							
Ascorbic acid	mg	39.20		1	.75	2.35	177.97
Thiamin	mg101		1	.002	.006	.459
Riboflavin	mg063		1	.001	.004	.286
Niacin	mg	2.860		1	.054	.172	12.984
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	—			—	—	—
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0		1	0	0	0
Vitamin A	{ RE	54		1	1	3	245
	{ IU	540		1	10	32	2,449
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.55			.05	.15	11.57
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g02		1	Trace	Trace	.09
16:0	g49		1	.01	.03	2.22
18:0	g	1.99		1	.04	.12	9.03
Monounsaturated, total	g66			.01	.04	2.99
16:1	g						
18:1	g66		1	.01	.04	2.99
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.36			.04	.14	10.70
18:2	g	2.29		1	.04	.14	10.39
18:3	g07		1	Trace	Trace	.32
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	61			1	4	277
AMINO ACIDS:							
Tryptophan	g	—			—	—	—
Threonine	g	—			—	—	—
Isoleucine	g	—			—	—	—
Leucine	g	—			—	—	—
Lysine	g	—			—	—	—
Methionine	g	—			—	—	—
Cystine	g	—			—	—	—
Phenylalanine	g	—			—	—	—
Tyrosine	g	—			—	—	—
Valine	g	—			—	—	—
Arginine	g	—			—	—	—
Histidine	g	—			—	—	—
Alanine	g	—			—	—	—
Aspartic acid	g	—			—	—	—
Glutamic acid	g	—			—	—	—
Glycine	g	—			—	—	—
Proline	g	—			—	—	—
Serine	g	—			—	—	—

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	B	C		E	F		
A				1 tsp = 2.1 g	1 tbsp = 6.7 g	G	
PROXIMATE:							
Water	g	9.54	± 0.873	11	0.20	0.64	
Food energy	{ kcal	337		7	23	43.29	
	{ kJ	1,412		30	95	1,531	
Protein (N X 6.25)	g	17.60	± .6018	7	.37	79.90	
Total lipid (fat)	g	15.90	± 2.317	10	.33	1.06	
Carbohydrate, total	g	50.02			1.05	227.08	
Fiber	g	14.60	± 1.087	4	.31	3.35	
Ash	g	6.95	± .558	13	.15	.98	
						66.29	
						31.54	
MINERALS:							
Calcium	mg	646	± 38.5	5	14	43	
Iron	mg	36.96	± 10.19	5	.78	2.48	
Magnesium	mg	170		1	4	167.80	
Phosphorus	mg	440		1	9	772	
Potassium	mg	1,441	± 61.75	5	30	29	
Sodium	mg	16	± 4.9	6	Trace	1,998	
Zinc	mg	5.30		1	.11	6,542	
						71	
						24.06	
VITAMINS:							
Ascorbic acid	mg	—			—	—	
Thiamin	mg	—			—	—	
Riboflavin	mg	—			—	—	
Niacin	mg	—			—	—	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	0			0	0	
Vitamin A	{ RE	—			—	—	
	{ IU	—			—	—	
LIPIDS:							
Fatty acids:							
Saturated, total	g	—					
4:0	g	—					
6:0	g	—					
8:0	g	—					
10:0	g	—					
12:0	g	—					
14:0	g	—					
16:0	g	—					
18:0	g	—					
Monounsaturated, total	g	9.78			.21	.66	
16:1	g	—					
18:1	g	9.78		1	.21	.66	
20:1	g	—					
22:1	g	—					
Polyunsaturated, total	g	3.15			.07	.21	
18:2	g	3.15		1	.07	.21	
18:3	g	—					
18:4	g	—					
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0			0	0	
Phytosterols	mg	—			—	0	
AMINO ACIDS:							
Tryptophan	g	—			—	—	
Threonine	g	—			—	—	
Isoleucine	g	—			—	—	
Leucine	g	—			—	—	
Lysine	g	—			—	—	
Methionine	g	—			—	—	
Cystine	g	—			—	—	
Phenylalanine	g	—			—	—	
Tyrosine	g	—			—	—	
Valine	g	—			—	—	
Arginine	g	—			—	—	
Histidine	g	—			—	—	
Alanine	g	—			—	—	
Aspartic acid	g	—			—	—	
Glutamic acid	g	—			—	—	
Glycine	g	—			—	—	
Proline	g	—			—	—	
Serine	g	—			—	—	

BASIL, ground
Ocimum basilicum

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	A	B		C	D		
PROXIMATE:							
Water	g	6.43	± 0.292	4	0.09	0.29	29.20
Food energy	{ kcal	251		4	4	11	1,141
	kJ	1,051			15	47	4,773
Protein (N × 6.25)	g	14.37	± 2.515	4	.20	.65	65.23
Total lipid (fat)	g	3.98	± .408	4	.06	.18	18.06
Carbohydrate, total	g	60.96			.85	2.74	276.75
Fiber	g	17.76	± 3.181	4	.25	.80	80.63
Ash	g	14.27	± 1.159	6	.20	.64	64.77
MINERALS:							
Calcium	mg	2,113	± 98.21	6	30	95	9,595
Iron	mg	42.00	± 5.769	6	.59	1.89	190.68
Magnesium	mg	422	± 12.0	5	6	19	1,916
Phosphorus	mg	490	± 26.8	4	7	22	2,225
Potassium	mg	3,433	± 200.9	7	48	154	15,585
Sodium	mg	34	± 4.6	8	Trace	2	155
Zinc	mg	5.82	± .583	5	.08	.26	26.42
VITAMINS:							
Ascorbic acid	mg	61.22		1	.86	2.76	277.94
Thiamin	mg148		1	.002	.007	.672
Riboflavin	mg316		1	.004	.014	1.435
Niacin	mg	6.948		1	.097	.313	31.544
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	—			—	—	—
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0		1	0	0	0
Vitamin A	{ RE	938		1	13	42	4,252
	{ IU	9,375		1	131	422	42,525
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polysaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	0
Phytosterols	mg	106		1	5	481	
AMINO ACIDS:							
Tryptophan	g221			.003	.010	1.002
Threonine	g588			.008	.026	2.672
Isoleucine	g588			.008	.026	2.672
Leucine	g	1.078			.015	.049	4.895
Lysine	g618			.009	.028	2.807
Methionine	g202			.003	.009	.918
Cystine	g159			.002	.007	.720
Phenylalanine	g733			.010	.033	3.329
Tyrosine	g432			.006	.019	1.962
Valine	g717			.010	.032	3.256
Arginine	g662			.009	.030	3.006
Histidine	g287			.004	.013	1.305
Alanine	g747			.010	.034	3.392
Aspartic acid	g	1.696			.024	.076	7.702
Glutamic acid	g	1.565			.022	.070	7.107
Glycine	g690			.010	.031	3.131
Proline	g588			.008	.026	2.672
Serine	g561			.008	.025	2.546

BAY LEAF, crumbled
Laurus nobilis

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse:0	
	A	B		C	D		
PROXIMATE:							
Water	g	5.44	±	0.254	23	0.03	0.10
Food energy	{ kcal	313			2	6	24.68 1,423
	kJ	1,312			8	24	5,956
Protein (N X 6.25)	g	7.61	+	.426	6	.05	.14 34.56
Total lipid (fat)	g	8.36	±	.262	6	.05	.15 37.96
Carbohydrate, total	g	74.96				.45	1.35 340.34
Fiber	g	26.32	+	.7878	6	.16	.47 119.48
Ash	g	3.62	±	.0887	24	.02	.06 16.45
MINERALS:							
Calcium	mg	834	+	169	4	5	15 3,787
Iron	mg	43.00	+	17.35	4	.26	.77 195.22
Magnesium	mg	120	+	20.8	3	1	2 545
Phosphorus	mg	113	+	8.82	3	1	2 515
Potassium	mg	529	+	60.1	5	3	10 2,403
Sodium	mg	23	+	1.5	4	Trace	Trace 103
Zinc	mg	3.70	±	.624	3	.02	.07 16.80
VITAMINS:							
Ascorbic acid	mg	46.53			1	.28	.84 211.25
Thiamin	mg009			1	Trace	Trace .041
Riboflavin	mg421			1	.003	.008 1.911
Niacin	mg	2.005			1	.012	.036 9.103
Pantothenic acid	mg	—				—	—
Vitamin B ₆	mg	—				—	—
Folacin	mcg	—				—	—
Vitamin B ₁₂	mcg	0				0	0
Vitamin A	{ RE	618			1	4	11 2,806
	IU	6,185			1	37	111 28,055
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.28				.01	.04 10.34
4:0	g						
6:0	g						
8:0	g01			1	Trace	Trace .05
10:0	g01			1	Trace	Trace .05
12:0	g53			1	Trace	.01 2.40
14:0	g21			1	Trace	Trace .95
16:0	g	1.27			1	.01	.02 5.76
18:0	g16				Trace	Trace .73
Monounsaturated, total	g	1.64				.01	.03 7.44
16:1	g14			1	Trace	Trace .64
18:1	g	1.50			1	.01	.03 6.80
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.29				.01	.04 10.39
18:2	g	1.24			1	.01	.02 5.62
18:3	g	1.05			1	.01	.02 4.76
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0				0	0
Phytosterols	mg	—				—	—
AMINO ACIDS:							
Tryptophan	g					—	—
Threonine	g					—	—
Isoleucine	g					—	—
Leucine	g					—	—
Lysine	g					—	—
Methionine	g					—	—
Cystine	g					—	—
Phenylalanine	g					—	—
Tyrosine	g					—	—
Valine	g					—	—
Arginine	g					—	—
Histidine	g					—	—
Alanine	g					—	—
Aspartic acid	g					—	—
Glutamic acid	g					—	—
Glycine	g					—	—
Proline	g					—	—
Serine	g					—	—

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	B	C		E	F		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	9.88 333	± 0.682	21	0.21 7 29	0.66 22 93	
Food energy	{ kcal	1,395				44.83 1,513 6,332	
Protein (N X 6.25)	g	19.77 14.59	± .7179 1.346	10 18	.42 .31 1.05	1.32 .98 3.34	
Total lipid (fat)	g	49.90				66.25 226.52	
Carbohydrate, total	g	12.65	± 1.377	9	.27	.85	
Fiber	g	5.87	± .224	23	.12	.39	
Ash	g					57.41 26.65	
MINERALS:							
Calcium	mg	689	± 46.4	4	14	46	
Iron	mg	16.23	± 3.961	3	.34	1.09	
Magnesium	mg	258		2	5	17	
Phosphorus	mg	568		2	12	38	
Potassium	mg	1,351	± 60.79	7	28	91	
Sodium	mg	17	± 2.1	7	Trace	1	
Zinc	mg	5.50		1	.12	.37	
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg383		1	.008	.026	
Riboflavin	mg379		1	.008	.025	
Niacin	mg	3.606	± 1.486	4	.076	.242	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg	0			0	0	
Vitamin A	{ RE	36		1	1	2	
	IU	363		1	8	24	
						1,647	
LIPIDS:							
Fatty acids:							
Saturated, total	g62			.01	.04	
4:0	g					2.81	
6:0	g						
8:0	g						
10:0	g01		1	Trace	Trace	
12:0	g01		1	Trace	Trace	
14:0	g04		1	Trace	Trace	
16:0	g40	± .20	3	.01	.03	
18:0	g11		1	Trace	.01	
Monounsaturated, total	g	7.12			.15	.48	
16:1	g09		1	Trace	.01	
18:1	g	7.03	± 1.59	3	.15	.47	
20:1	g41	
22:1	g					31.89	
Polyunsaturated, total	g	3.27			.07	.22	
18:2	g	3.12	± 1.09	3	.07	.21	
18:3	g15		1	Trace	.01	
18:4	g68	
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	
Phytosterols	mg	76			2	5	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

CARDAMOM, ground
Elettaria cardamomum

Values were obtained by combining data for cardamom capsules and seeds in accordance with commercial practices.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean \pm standard error		Number of samples	Approximate measure and weight			
	A	B		E	F		
PROXIMATE:				1 tsp = 2.0 g	1 tbsp = 5.8 g		
Water	g	8.28	\pm 0.180	96	0.17	0.48	
Food energy	{ kcal	311		6	18	37.60	
	kJ	1,303		26	76	1,414	
Protein (N X 6.25)	g	10.76	\pm .3604	28	.21	.62	
Total lipid (fat)	g	6.70	\pm .424	40	.13	.39	
Carbohydrate, total	g	68.47			1.37	3.97	
Fiber	g	11.29	\pm .7385	27	.23	.65	
Ash	g	5.78	\pm .218	99	.12	.33	
MINERALS:							
Calcium	mg	383	\pm 78.5	7	8	22	
Iron	mg	13.97	\pm 3.101	7	.28	.81	
Magnesium	mg	229	\pm 56.3	5	5	13	
Phosphorus	mg	178	\pm 17.6	6	4	10	
Potassium	mg	1,119	\pm 198.6	21	22	65	
Sodium	mg	18	\pm 3.7	3	Trace	1	
Zinc	mg	7.47	\pm .865	3	.15	.43	
VITAMINS:							
Ascorbic acid	mg	—					
Thiamin	mg198		2	.004	.011	
Riboflavin	mg182	\pm .0190	5	.004	.011	
Niacin	mg	1.102	\pm .3176	5	.022	.064	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	0		1	0	0	
Vitamin A	{ RE	Trace		1	—	—	
	{ IU	Trace		1	—	—	
LIPIDS:							
Fatty acids:							
Saturated, total	g68			.01	.04	
4:0	g	—					
6:0	g	—					
8:0	g	—					
10:0	g	—					
12:0	g	—					
14:0	g	Trace		1	—		
16:0	g	Trace		1	Trace	Trace	
18:0	g03		1	.01	.14	
Monounsaturated, total	g57		1	.02	2.59	
16:1	g06		1	.05	.27	
18:1	g87		1	.02	3.95	
20:1	g02		1	.05	.09	
22:1	g85		1	.05	3.86	
Polyunsaturated, total	g	—					
18:2	g43		1	.01	.02	
18:3	g31		1	.01	.02	
18:4	g12		1	Trace	.01	
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0			0	0	
Phytosterols	mg	46			1	3	
AMINO ACIDS:							
Tryptophan	g	—			—	—	
Threonine	g	—			—	—	
Isoleucine	g	—			—	—	
Leucine	g	—			—	—	
Lysine	g	—			—	—	
Methionine	g	—			—	—	
Cystine	g	—			—	—	
Phenylalanine	g	—			—	—	
Tyrosine	g	—			—	—	
Valine	g	—			—	—	
Arginine	g	—			—	—	
Histidine	g	—			—	—	
Alanine	g	—			—	—	
Aspartic acid	g	—			—	—	
Glutamic acid	g	—			—	—	
Glycine	g	—			—	—	
Proline	g	—			—	—	
Serine	g	—			—	—	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	
	Mean \pm standard error		Number of samples	Approximate measure and weight			
	A	B		E	F		
PROXIMATE:							
Water	g	6.04	\pm 0.735	12	0.12	0.39	
Food energy	{ kcal	392		8	25	27.41	
	kJ	1,641		33	107	1,780	
Protein (N X 6.25)	g	18.07	\pm 1.045	6	.36	7,451	
Total lipid (fat)	g	25.27	\pm .9972	9	.50	82.04	
Carbohydrate, total	g	41.35			.83	114.73	
Fiber	g	11.85	\pm 1.175	4	.24	187.73	
Ash	g	9.27	\pm .720	12	.19	53.80	
MINERALS:							
Calcium	mg	1,767	\pm 185.6	3	35	8,021	
Iron	mg	44.90	\pm 8.766	3	.90	203.85	
Magnesium	mg	440	\pm 20.8	3	9	1,998	
Phosphorus	mg	547	\pm 96.1	3	11	2,482	
Potassium	mg	1,400	\pm 40.82	4	28	6,356	
Sodium	mg	160	\pm 17.6	5	3	726	
Zinc	mg	6.93	\pm 1.48	3	.14	31.48	
VITAMINS:							
Ascorbic acid	mg	17.14		1	.34	77.82	
Thiamin	mg	—			—	—	
Riboflavin	mg	—			—	—	
Niacin	mg	—			—	—	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	5		1	Trace	24	
	IU	52		1	1	236	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.19			.04	.14	
4:0	g					9.93	
6:0	g09	
8:0	g09	
10:0	g02		1	Trace	Trace	
12:0	g02		1	Trace	Trace	
14:0	g02		1	Trace	Trace	
16:0	g	1.29	\pm .343	8	.03	.08	
18:0	g39	\pm .08	5	.01	.03	
Monounsaturated, total	g	15.93			.32	1.04	
16:1	g24		2	Trace	.02	
18:1	g	15.45	\pm .8061	8	.31	1.00	
20:1	g24		1	Trace	.02	
22:1	g					1.09	
Polyunsaturated, total	g	3.72			.07	.24	
18:2	g	3.52	\pm .389	8	.07	.23	
18:3	g20	\pm .04	4	Trace	.01	
18:4	g					16.87	
20:4	g					15.97	
20:5	g91	
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg	60		1	4	272	
AMINO ACIDS:							
Tryptophan	g	—			—	—	
Threonine	g	—			—	—	
Isoleucine	g	—			—	—	
Leucine	g	—			—	—	
Lysine	g	—			—	—	
Methionine	g	—			—	—	
Cystine	g	—			—	—	
Phenylalanine	g	—			—	—	
Tyrosine	g	—			—	—	
Valine	g	—			—	—	
Arginine	g	—			—	—	
Histidine	g	—			—	—	
Alanine	g	—			—	—	
Aspartic acid	g	—			—	—	
Glutamic acid	g	—			—	—	
Glycine	g	—			—	—	
Proline	g	—			—	—	
Serine	g	—			—	—	

CHERVIL, dried
Anthriscus cerefolium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	A	B		C	D		
PROXIMATE:				1 tsp = 0.6 g	1 tbsp = 1.9 g		
Water	g	7.20	1	0.04	0.14	32.69	
Food energy	{ kcal	237		1	4	1,074	
	kJ	990		6	19	4,494	
Protein (N X 6.25)	g	23.20	1	.14	.44	105.33	
Total lipid (fat)	g	3.90	1	.02	.07	17.71	
Carbohydrate, total	g	49.10		.30	.93	222.91	
Fiber	g	11.30	1	.07	.21	51.30	
Ash	g	16.60	2	.10	.31	75.36	
MINERALS:							
Calcium	mg	1,346	2	8	26	6,111	
Iron	mg	31.95	2	.19	.61	145.05	
Magnesium	mg	130	1	1	2	590	
Phosphorus	mg	450	1	3	9	2,043	
Potassium	mg	4,740	2	28	90	21,520	
Sodium	mg	83	2	Trace	2	375	
Zinc	mg	8.80	1	.05	.17	39.95	
VITAMINS:							
Ascorbic acid	mg	—		—	—	—	
Thiamin	mg	—		—	—	—	
Riboflavin	mg	—		—	—	—	
Niacin	mg	—		—	—	—	
Pantothenic acid	mg	—		—	—	—	
Vitamin B ₆	mg	1.225 + 0.1411	8	.007	.023	5.562	
Folacin	mcg	—		—	—	—	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	—		—	—	—	
	IU	—		—	—	—	
LIPIDS:							
Fatty acids:							
Saturated, total	g	—		—	—	—	
4:0	g	—		—	—	—	
6:0	g	—		—	—	—	
8:0	g	—		—	—	—	
10:0	g	—		—	—	—	
12:0	g	—		—	—	—	
14:0	g	—		—	—	—	
16:0	g	—		—	—	—	
18:0	g	—		—	—	—	
Monounsaturated, total	g	—		—	—	—	
16:1	g	—		—	—	—	
18:1	g	—		—	—	—	
20:1	g	—		—	—	—	
22:1	g	—		—	—	—	
Polyunsaturated, total	g	—		—	—	—	
18:2	g	—		—	—	—	
18:3	g	—		—	—	—	
18:4	g	—		—	—	—	
20:4	g	—		—	—	—	
20:5	g	—		—	—	—	
22:5	g	—		—	—	—	
22:6	g	—		—	—	—	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg	—		—	—	—	
AMINO ACIDS:							
Tryptophan	g	—		—	—	—	
Threonine	g	—		—	—	—	
Isoleucine	g	—		—	—	—	
Leucine	g	—		—	—	—	
Lysine	g	—		—	—	—	
Methionine	g	—		—	—	—	
Cystine	g	—		—	—	—	
Phenylalanine	g	—		—	—	—	
Tyrosine	g	—		—	—	—	
Valine	g	—		—	—	—	
Arginine	g	—		—	—	—	
Histidine	g	—		—	—	—	
Alanine	g	—		—	—	—	
Aspartic acid	g	—		—	—	—	
Glutamic acid	g	—		—	—	—	
Glycine	g	—		—	—	—	
Proline	g	—		—	—	—	
Serine	g	—		—	—	—	

Values were derived from a spice mixture containing red pepper, cumin, oregano, salt, and garlic powder.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	A	B		C	D		
				1 tsp = 2.6 g	1 tbsp = 7.5 g	G	
PROXIMATE:							
Water	g	7.79		0.20	0.58	35.34	
Food energy	{ kcal	314		8	24	1,424	
	kJ	1,313		34	98	5,956	
Protein (N × 6.25)	g	12.26		.32	.92	55.61	
Total lipid (fat)	g	16.76		.44	1.26	76.02	
Carbohydrate, total	g	54.66		1.42	4.10	247.94	
Fiber	g	22.23		.58	1.67	100.84	
Ash	g	8.53		.22	.64	38.69	
MINERALS:							
Calcium	mg	278		7	21	1,261	
Iron	mg	14.25		.37	1.07	64.64	
Magnesium	mg	170		4	13	771	
Phosphorus	mg	303		8	23	1,374	
Potassium	mg	1,916		50	144	8,691	
Sodium	mg	1,010		26	76	4,581	
Zinc	mg	2.70		.07	.20	12.26	
VITAMINS:							
Ascorbic acid	mg	64.14		1.67	4.81	290.95	
Thiamin	mg349		.009	.026	1.583	
Riboflavin	mg794		.021	.060	3.602	
Niacin	mg	7.893		.205	.592	35.803	
Pantothenic acid	mg	—		—	—	—	
Vitamin B ₆	mg	—		—	—	—	
Folacin	mcg	—		—	—	—	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	3,493		91	262	15,844	
	IU	34,927		908	2,620	158,429	
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg	83		2	6	376	
AMINO ACIDS:							
Tryptophan	g	—		—	—	—	
Threonine	g	—		—	—	—	
Isoleucine	g	—		—	—	—	
Leucine	g	—		—	—	—	
Lysine	g	—		—	—	—	
Methionine	g	—		—	—	—	
Cystine	g	—		—	—	—	
Phenylalanine	g	—		—	—	—	
Tyrosine	g	—		—	—	—	
Valine	g	—		—	—	—	
Arginine	g	—		—	—	—	
Histidine	g	—		—	—	—	
Alanine	g	—		—	—	—	
Aspartic acid	g	—		—	—	—	
Glutamic acid	g	—		—	—	—	
Glycine	g	—		—	—	—	
Proline	g	—		—	—	—	
Serine	g	—		—	—	—	

CINNAMON, ground

*Cinnamomum verum (C. zeylanicum)**Cinnamomum aromaticum (C. cassia)*

Values were obtained by combining data for cassia and cinnamon in accordance with commercial practices.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0
	A	B		E	F	
				1 tsp = 2.3 g	1 tbsp = 6.8 g	G
PROXIMATE:						
Water	g	9.52	± 0.172	166	0.22	0.65
Food energy	{ kcal	261		6	18	43.22
	kj	1,094		25	74	1,186
Protein (N X 6.25)	g	3.89	± .103	73	.09	17.68
Total lipid (fat)	g	3.18	± .156	169	.07	.22
Carbohydrate, total	g	79.85			1.84	14.46
Fiber	g	24.35	± .6211	115	.56	362.50
Ash	g	3.55	± .0542	529	.08	110.53
						16.13
MINERALS:						
Calcium	mg	1,228	± 110.0	17	28	5,577
Iron	mg	38.07	± 2,332	43	.88	172.83
Magnesium	mg	56	± 3.3	5	1	252
Phosphorus	mg	61	± 8.9	9	1	279
Potassium	mg	500	± 69.3	14	11	2,270
Sodium	mg	26	± 9.4	6	1	120
Zinc	mg	1.97	± .381	5	.05	8.93
VITAMINS:						
Ascorbic acid	mg	28.46		2	.65	129.19
Thiamin	mg077		2	.002	.350
Riboflavin	mg140		2	.003	.010
Niacin	mg	1.300		2	.030	.088
Pantothenic acid	mg	—		—	—	—
Vitamin B ₆	mg	—		—	—	—
Folacin	mcg	—		—	—	—
Vitamin B ₁₂	mcg	0		1	0	0
Vitamin A	{ RE	26		1	1	118
	{ IU	260		1	6	1,179
LIPIDS:						
Fatty acids:						
Saturated, total	g65			.01	.04
4:0	g					2.95
6:0	g					
8:0	g					
10:0	g					
12:0	g03		1	Trace	Trace
14:0	g09		1	Trace	.14
16:0	g39		1	.01	.41
18:0	g14		1	Trace	.03
Monounsaturated, total	g48			.01	1.77
16:1	g03		1	Trace	.64
18:1	g45		1	.01	2.18
20:1	g14
22:1	g					2.04
Polyunsaturated, total	g53		1	.01	.04
18:2	g53		1	.01	2.40
18:3	g					2.40
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0			0	0
Phytosterols	mg	26		1	2	118
AMINO ACIDS:						
Tryptophan	g	—		—	—	—
Threonine	g	—		—	—	—
Isoleucine	g	—		—	—	—
Leucine	g	—		—	—	—
Lysine	g	—		—	—	—
Methionine	g	—		—	—	—
Cystine	g	—		—	—	—
Phenylalanine	g	—		—	—	—
Tyrosine	g	—		—	—	—
Valine	g	—		—	—	—
Arginine	g	—		—	—	—
Histidine	g	—		—	—	—
Alanine	g	—		—	—	—
Aspartic acid	g	—		—	—	—
Glutamic acid	g	—		—	—	—
Glycine	g	—		—	—	—
Proline	g	—		—	—	—
Serine	g	—		—	—	—

CLOVES, ground
Syzygium aromaticum

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse:0	
	B	C		E	F		
A	B	C	D	E	F	G	
PROXIMATE:				1 tsp = 2.1 g	1 tbsp = 6.6 g		
Water	g	6.86	± 0.241	343	0.14	0.45	31.13
Food energy	{ kcal	323			7	21	1,465
	kJ	1,350			28	89	6,130
Protein (N × 6.25)	g	5.98	± .106	73	.13	.39	27.16
Total lipid (fat)	g	20.06	± .2728	299	.42	1.32	91.07
Carbohydrate, total	g	61.22			1.29	4.04	277.94
Fiber	g	9.62	± .191	123	.20	.63	43.69
Ash	g	5.88	± .0485	384	.12	.39	26.70
MINERALS:							
Calcium	mg	646	± 64.4	6	14	43	2,931
Iron	mg	8.68	± 1.50	7	.18	.57	39.42
Magnesium	mg	264	± 4.87	5	6	17	1,198
Phosphorus	mg	105	± 2.89	4	2	7	477
Potassium	mg	1,102	± 68.43	6	23	73	5,002
Sodium	mg	243	± 12.4	6	5	16	1,102
Zinc	mg	1.09	— .278	5	.02	.07	4.97
VITAMINS:							
Ascorbic acid	mg	80.81		1	1.70	5.33	366.88
Thiamin	mg115		2	.002	.008	.522
Riboflavin	mg267	± .0115	4	.006	.018	1.212
Niacin	mg	1.458		1	.031	.096	6.619
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	—			—	—	—
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{ RE	53		1	1	3	240
	IU	530		1	11	35	2,404
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.39			.09	.29	19.91
4:0	g	—					
6:0	g	—					
8:0	g	—					
10:0	g	—					
12:0	g	Trace					
14:0	g01		1	Trace	Trace	.05
16:0	g10		1	Trace	.01	.45
18:0	g	4.21		1	.09	.28	19.10
Monounsaturated, total	g	—					
16:1	g	—					
18:1	g	—					
20:1	g	—					
22:1	g	—					
Polyunsaturated, total	g	—					
18:2	g	—					
18:3	g	—					
18:4	g	—					
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0			0	0	0
Phytosterols	mg	256			5	17	1,161
AMINO ACIDS:							
Tryptophan	g	—			—	—	—
Threonine	g	—			—	—	—
Isoleucine	g	—			—	—	—
Leucine	g	—			—	—	—
Lysine	g	—			—	—	—
Methionine	g	—			—	—	—
Cystine	g	—			—	—	—
Phenylalanine	g	—			—	—	—
Tyrosine	g	—			—	—	—
Valine	g	—			—	—	—
Arginine	g	—			—	—	—
Histidine	g	—			—	—	—
Alanine	g	—			—	—	—
Aspartic acid	g	—			—	—	—
Glutamic acid	g	—			—	—	—
Glycine	g	—			—	—	—
Proline	g	—			—	—	—
Serine	g	—			—	—	—

CORIANDER LEAF, dried
Coriandrum sativum

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	A	B		C	D		
PROXIMATE:				1 tsp = 0.6 g	1 tbsp = 1.8 g		
Water	g	7.30		0.04	0.13	33.11	
Food energy	{ kcal kJ	279 1,168		2 7	5 21	1,266 5,298	
Protein (N X 6.25)	g	21.83 + 2.970	8	.13	.39	99.10	
Total lipid (fat)	g	4.76 + .699	9	.03	.09	21.60	
Carbohydrate, total	g	52.10		.31	.94	236.33	
Fiber	g	10.39 + 1.663	9	.06	.19	47.17	
Ash	g	14.02 + 1.101	11	.08	.25	63.64	
MINERALS:							
Calcium	mg	1,246 + 94.99	10	7	22	5,656	
Iron	mg	42.46 + 6.465	10	.25	.76	192.79	
Magnesium	mg	694	2	4	12	3,149	
Phosphorus	mg	481 + 38.1	10	3	9	2,182	
Potassium	mg	4,466 + 280.7	3	27	80	20,276	
Sodium	mg	211	1	1	4	957	
Zinc	mg	—		—	—	—	
VITAMINS:							
Ascorbic acid	mg	566.71 + 208.80	5	3.40	10.20	2,572.84	
Thiamin	mg	1.252 + .2081	5	.008	.023	5.684	
Riboflavin	mg	1.500 + .4818	6	.009	.027	6.810	
Niacin	mg	10.707 + 1.8880	6	.064	.193	48.610	
Pantothenic acid	mg	—		—	—	—	
Vitamin B ₆	mg	—		—	—	—	
Folacin	mcg	—		—	—	—	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE IU	—		—	—	—	
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg	—		—	—	—	
AMINO ACIDS:							
Tryptophan	g	—		—	—	—	
Threonine	g	—		—	—	—	
Isoleucine	g	—		—	—	—	
Leucine	g	—		—	—	—	
Lysine	g	—		—	—	—	
Methionine	g	—		—	—	—	
Cystine	g	—		—	—	—	
Phenylalanine	g	—		—	—	—	
Tyrosine	g	—		—	—	—	
Valine	g	—		—	—	—	
Arginine	g	—		—	—	—	
Histidine	g	—		—	—	—	
Alanine	g	—		—	—	—	
Aspartic acid	g	—		—	—	—	
Glutamic acid	g	—		—	—	—	
Glycine	g	—		—	—	—	
Proline	g	—		—	—	—	
Serine	g	—		—	—	—	

CORIANDER SEED
Coriandrum sativum

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	B	C		E	F		
A						G	
PROXIMATE:							
Water	g	8.86	± 0.260	38	0.16	0.44	
	kcal	298			5	40.23	
Food energy	kJ	1,245		22	15	1,351	
Protein (N X)	g	12.37	± .3160	11	.22	.62	
Total lipid (fat)	g	17.77	± 2.015	12	.32	.89	
Carbohydrate, total	g	54.99			.99	2.75	
Fiber	g	29.12	± 1.485	7	.52	1.46	
Ash	g	6.02	± .107	43	.11	.30	
MINERALS:							
Calcium	mg	709	± 62.5	6	13	3,217	
Iron	mg	16.32	± 4.362	7	.29	74.09	
Magnesium	mg	330	± 36.1	3	6	1,499	
Phosphorus	mg	409	± 18.3	4	7	1,856	
Potassium	mg	1,267	± 80.42	7	23	5,752	
Sodium	mg	35	± 4.2	7	1	160	
Zinc	mg	4.70		2	.08	.24	
VITAMINS:							
Ascorbic acid	mg	—			—	—	
Thiamin	mg239		2	.004	.012	
Riboflavin	mg290		2	.005	.014	
Niacin	mg	2.130		2	.038	.106	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	0		1	0	0	
Vitamin A	{RE. IU	Trace		1	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g99			.02	.05	
4:0	g					4.49	
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g02		1	Trace	.09	
16:0	g81	± .31	3	.01	.04	
18:0	g11		2	Trace	.01	
Monounsaturated, total	g	13.58			.24	.68	
16:1	g10			Trace	.45	
18:1	g	13.48	± 1.818	3	.24	.67	
20:1	g					61.15	
22:1	g						
Polyunsaturated, total	g	1.75			.03	.09	
18:2	g	1.75	± .447	3	.03	.09	
18:3	g					7.94	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	
Phytosterols	mg	46			1	209	
AMINO ACIDS:							
Tryptophan	g	—			—	—	
Threonine	g	—			—	—	
Isoleucine	g	—			—	—	
Leucine	g	—			—	—	
Lysine	g	—			—	—	
Methionine	g	—			—	—	
Cystine	g	—			—	—	
Phenylalanine	g	—			—	—	
Tyrosine	g	—			—	—	
Valine	g	—			—	—	
Arginine	g	—			—	—	
Histidine	g	—			—	—	
Alanine	g	—			—	—	
Aspartic acid	g	—			—	—	
Glutamic acid	g	—			—	—	
Glycine	g	—			—	—	
Proline	g	—			—	—	
Serine	g	—			—	—	

CUMIN SEED
Cuminum cyminum

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	A	B		E	F		
PROXIMATE:							
Water	g	8.06	± .237	47	0.17	0.48	36.61
Food energy	{ kcal	375		8	22		1,701
	{ kJ	1,569		33	94		7,117
Protein (N X 6.25)	g	17.81	± .2604	12	.37	1.07	80.87
Total lipid (fat)	g	22.27	± 2.604	13	.47	1.34	101.11
Carbohydrate, total	g	44.24			.93	2.65	200.85
Fiber	g	10.50	± 1.340	9	.22	.63	47.69
Ash	g	7.62	± .205	48	.16	.46	34.58
MINERALS:							
Calcium	mg	931	± 102	7	20	56	4,225
Iron	mg	66.35	± 2.507	35	1.39	3.98	301.25
Magnesium	mg	366	± 33.4	4	8	22	1,659
Phosphorus	mg	499	± 22.9	7	10	30	2,264
Potassium	mg	1,788	± 136.2	6	38	107	8,115
Sodium	mg	168	± 18.6	6	4	10	762
Zinc	mg	4.80	± .569	3	.10	.29	21.79
VITAMINS:							
Ascorbic acid	mg	7.71	± 4.71	3	.16	.46	35.02
Thiamin	mg628	± .053	3	.013	.038	2.851
Riboflavin	mg327	± .035	6	.007	.020	1.485
Niacin	mg	4.579	± 2.011	3	.096	.275	20.789
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	—			—	—	—
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{ RE	127		1	3	8	576
	{ IU	1,270		1	27	76	5,761
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	68		1	4		308
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

Values were derived from a spice mixture containing coriander seed, turmeric, cumin, fenugreek seed, white pepper, allspice, yellow mustard, red pepper, and ginger.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	A	B		C	E		
PROXIMATE:				1 tsp = 2.0 g	1 tbsp = 6.3 g	G	
Water	g	9.52		0.19	0.60	43.18	
Food energy	{ kcal	325		6	20	1,474	
	kJ	1,360		27	86	6,169	
Protein (N X 6.08)	g	12.66		.25	.80	57.43	
Total lipid (fat)	g	13.81		.28	.87	62.64	
Carbohydrate, total	g	58.15		1.16	3.66	263.77	
Fiber	g	16.32		.33	1.03	74.03	
Ash	g	5.57		.11	.35	25.27	
MINERALS:							
Calcium	mg	478		10	30	2,168	
Iron	mg	29.59		.59	1.86	134.22	
Magnesium	mg	254		5	16	1,152	
Phosphorus	mg	349		7	22	1,583	
Potassium	mg	1,543		31	97	6,999	
Sodium	mg	52		1	3	236	
Zinc	mg	4.05		.08	.26	18.38	
VITAMINS:							
Ascorbic acid	mg	11.41		.23	.72	51.74	
Thiamin	mg253		.005	.016	1.148	
Riboflavin	mg281		.006	.018	1.275	
Niacin	mg	3.467		.069	.218	15.726	
Pantothenic acid	mg	—		—	—	—	
Vitamin B ₆	mg	—		—	—	—	
Folacin	mcg	—		—	—	—	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	99		2	6	447	
	IU	986		20	62	4,472	
LIPIDS:							
Fatty acids:							
Saturated, total	g	—		—	—	—	
4:0	g	—		—	—	—	
6:0	g	—		—	—	—	
8:0	g	—		—	—	—	
10:0	g	—		—	—	—	
12:0	g	—		—	—	—	
14:0	g	—		—	—	—	
16:0	g	—		—	—	—	
18:0	g	—		—	—	—	
Monounsaturated, total	g	—		—	—	—	
16:1	g	—		—	—	—	
18:1	g	—		—	—	—	
20:1	g	—		—	—	—	
22:1	g	—		—	—	—	
Polyunsaturated, total	g	—		—	—	—	
18:2	g	—		—	—	—	
18:3	g	—		—	—	—	
18:4	g	—		—	—	—	
20:4	g	—		—	—	—	
20:5	g	—		—	—	—	
22:5	g	—		—	—	—	
22:6	g	—		—	—	—	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg	72		1	5	327	
AMINO ACIDS:							
Tryptophan	g	—		—	—	—	
Threonine	g	—		—	—	—	
Isoleucine	g	—		—	—	—	
Leucine	g	—		—	—	—	
Lysine	g	—		—	—	—	
Methionine	g	—		—	—	—	
Cystine	g	—		—	—	—	
Phenylalanine	g	—		—	—	—	
Tyrosine	g	—		—	—	—	
Valine	g	—		—	—	—	
Arginine	g	—		—	—	—	
Histidine	g	—		—	—	—	
Alanine	g	—		—	—	—	
Aspartic acid	g	—		—	—	—	
Glutamic acid	g	—		—	—	—	
Glycine	g	—		—	—	—	
Proline	g	—		—	—	—	
Serine	g	—		—	—	—	

¹ Total proximates do not equal 100% because piperine was subtracted from lipid value for white pepper.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse:0	
	A	B		C	D		G
PROXIMATE:				1 tsp = 2.1 g	1 tbsp = 6.6 g		
Water	g	7.70	± 0.669	7	0.16	0.51	34.96
Food energy	{ kcal	305		6	20	1,385	
	kJ	1,276		27	84	5,795	
Protein (N X 6.25)	g	15.98	± 1.212	8	.34	1.05	72.54
Total lipid (fat)	g	14.53	± 2.109	8	.31	.96	65.99
Carbohydrate, total	g	55.17			1.16	3.64	250.45
Fiber	g	21.09	± 3.367	5	.44	1.39	95.74
Ash	g	6.62	± .180	14	.14	.44	30.06
MINERALS:							
Calcium	mg	1,516	± 115.7	5	32	100	6,881
Iron	mg	16.32	± 4.900	4	.34	1.08	74.12
Magnesium	mg	256	± 11.1	4	5	17	1,162
Phosphorus	mg	277	± 66.8	4	6	18	1,256
Potassium	mg	1,186	± 118.0	6	25	78	5,384
Sodium	mg	20	± 4.2	4	Trace	1	90
Zinc	mg	5.20	± .854	3	.11	.34	23.61
VITAMINS:							
Ascorbic acid	mg	—			—	—	—
Thiamin	mg418		1	.009	.028	1.898
Riboflavin	mg284		1	.006	.019	1.289
Niacin	mg	2.807		1	.059	.185	12.744
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	—			—	—	—
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{ RE	5		1	Trace	Trace	24
	IU	53		1	1	3	240
LIPIDS:							
Fatty acids:							
Saturated, total	g73			.02	.05	3.31
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g01		1	Trace	Trace	.05
14:0	g01		1	Trace	Trace	.05
16:0	g58		2	.01	.04	2.63
18:0	g10		2	Trace	.01	.45
Monounsaturated, total	g	9.41			.20	.62	42.68
16:1	g05		2	Trace	Trace	.23
18:1	g	9.36		2	.20	.62	42.46
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.01			.02	.07	4.58
18:2	g96		2	.02	.06	4.35
18:3	g15		2	Trace	.01	.68
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	124			3	8	562
AMINO ACIDS:							
Tryptophan	g	—			—	—	—
Threonine	g575			.012	.038	2.611
Isoleucine	g767			.016	.051	3.482
Leucine	g925			.019	.061	4.201
Lysine	g	1.038			.022	.068	4.712
Methionine	g143			.003	.009	.650
Cystine	g	—			—	—	—
Phenylalanine	g670			.014	.044	3.041
Tyrosine	g	—			—	—	—
Valine	g	1.120			.024	.074	5.083
Arginine	g	1.263			.027	.083	5.733
Histidine	g320			.007	.021	1.451
Alanine	g	—			—	—	—
Aspartic acid	g	—			—	—	—
Glutamic acid	g	—			—	—	—
Glycine	g	—			—	—	—
Proline	g	—			—	—	—
Serine	g	—			—	—	—

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	A	B		C	D		
PROXIMATE:				1 tsp = 1.0 g	1 tbsp = 3.1 g		
Water	g	7.30		0.07	0.23	33.11	
Food energy	{ kcal	253		.3	.8	1,148	
	kJ	1,057		11	33	4,795	
Protein (N X 6.25)	g	19.96	1	.20	.62	90.62	
Total lipid (fat)	g	4.36		Trace	.14	19.78	
Carbohydrate, total	g	55.82		.56	1.73	253.20	
Fiber	g	11.93	1	.12	.37	54.16	
Ash	g	12.56	2	.13	.39	57.00	
MINERALS:							
Calcium	mg	1,784	+ 202.4	4	18	55	
Iron	mg	48.77	+ 21.17	4	.49	1.51	
Magnesium	mg	451	+ 116	3	5	14	
Phosphorus	mg	543	+ 163	3	5	17	
Potassium	mg	3,308	+ 923.0	4	33	103	
Sodium	mg	208	+ 98.3	3	2	6	
Zinc	mg	3.30		2	.03	.10	
VITAMINS:							
Ascorbic acid	mg	—			—	—	
Thiamin	mg418		1	.004	.013	
Riboflavin	mg284		1	.003	.009	
Niacin	mg	2.807		1	.029	.086	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	1.461	+ .1427	9	.015	.045	
Folacin	mcg	—			0	0	
Vitamin B ₁₂	mcg	0			0	0	
Vitamin A	{ RE	—			—	—	
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg	—		—	—	—	
AMINO ACIDS:							
Tryptophan	g	—		—	—	—	
Threonine	g	—		—	—	—	
Isoleucine	g	—		—	—	—	
Leucine	g	—		—	—	—	
Lysine	g	—		—	—	—	
Methionine	g	—		—	—	—	
Cystine	g	—		—	—	—	
Phenylalanine	g	—		—	—	—	
Tyrosine	g	—		—	—	—	
Valine	g	—		—	—	—	
Arginine	g	—		—	—	—	
Histidine	g	—		—	—	—	
Alanine	g	—		—	—	—	
Aspartic acid	g	—		—	—	—	
Glutamic acid	g	—		—	—	—	
Glycine	g	—		—	—	—	
Proline	g	—		—	—	—	
Serine	g	—		—	—	—	

FENNEL SEED
Foeniculum vulgare

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	B	C		E	F		
A	B	C	D	1 tsp = 2.0 g	1 tbsp = 5.8 g	G	
PROXIMATE:							
Water	g	8.81	± 0.743	18	0.18	0.51	
Food energy	{ kcal	345		7	20	40.01	
	kJ	1,443		29	84	1,566	
Protein (N X 6.25)	g	15.80	+ .9265	12	.32	71.74	
Total lipid (fat)	g	14.87	± 1.041	20	.30	67.50	
Carbohydrate, total	g	52.29			1.05	237.41	
Fiber	g	15.66	+ 1.235	6	.31	71.08	
Ash	g	8.22	± .260	42	.16	37.34	
MINERALS:							
Calcium	mg	1,196	+ 74.83	6	24	5,431	
Iron	mg	18.54	± .7913	36	.37	84.15	
Magnesium	mg	385	± 71.9	4	8	1,748	
Phosphorus	mg	487	+ 42.1	4	10	2,213	
Potassium	mg	1,694	± 56.49	6	34	7,690	
Sodium	mg	88	± 10	7	2	399	
Zinc	mg	3.70	± .794	3	.07	16.80	
VITAMINS:							
Ascorbic acid	mg	—				—	
Thiamin	mg408		1	.008	.024	
Riboflavin	mg353		1	.007	.020	
Niacin	mg	6.050		1	.121	.351	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	0			0	0	
Vitamin A	{ RE	14		1	Trace	1	
	IU	135		1	3	8	
612							
LIPIDS:							
Fatty acids:							
Saturated, total	g48			.01	.03	
4:0	g					2.18	
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g48		1	.01	.03	
18:0	g					2.18	
Monounsaturated, total	g	9.91			.20	.57	
16:1	g					44.95	
18:1	g	9.91		1	.20	.57	
20:1	g					44.95	
22:1	g						
Polyunsaturated, total	g	1.69			.03	.10	
18:2	g	1.69		1	.03	.10	
18:3	g					7.67	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	
Phytosterols	mg	66			1	4	
AMINO ACIDS:							
Tryptophan	g253			.005	.015	
Threonine	g602			.012	.035	
Isoleucine	g695			.014	.040	
Leucine	g996			.020	.058	
Lysine	g758			.015	.044	
Methionine	g301			.006	.017	
Cystine	g222			.004	.013	
Phenylalanine	g647			.013	.038	
Tyrosine	g410			.008	.024	
Valine	g915			.018	.053	
Arginine	g680			.014	.039	
Histidine	g331			.007	.019	
Alanine	g789			.016	.046	
Aspartic acid	g	1.833			.037	.106	
Glutamic acid	g	2.956			.059	.171	
Glycine	g	1.107			.022	.064	
Proline	g900			.018	.052	
Serine	g900			.018	.052	
						4.086	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean \pm standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	B	C		E	F		
A				1 tsp = 3.7 g	1 tbsp = 11.1 g		G
PROXIMATE:							
Water	g	8.84	+ 0.238	57	0.33	0.98	40.15
Food energy	{ kcal	323	+ .3106	81	.85	36	1,467
Food energy	{ kJ	1,352	+ .163	82	.24	50	6,138
Protein (N X 5.30)	g	23.00	+ .3106	81	.25	2.55	104.41
Total lipid (fat)	g	6.41	+ .163	82	.71	.71	29.09
Carbohydrate, total	g	58.35	+ .21	26	6.48	2.16	264.90
Fiber	g	10.07	+ .9251	80	1.12	.37	45.71
Ash	g	3.40	+ .073	80	.38	.13	15.44
MINERALS:							
Calcium	mg	176	+ 5.86	25	6	19	797
Iron	mg	33.53	+ 5.431	25	1.24	3.72	152.22
Magnesium	mg	191	+ 61.7	3	7	21	865
Phosphorus	mg	296	+ 15.3	21	11	33	1,345
Potassium	mg	770	+ 80.7	4	28	85	3,495
Sodium	mg	67	+ 16	4	2	7	305
Zinc	mg	2.50	+ .09	1	.28	.28	11.35
VITAMINS:							
Ascorbic acid	mg	3.00	+ .316	10	.11	.33	13.62
Thiamin	mg322	+ .028	8	.012	.036	1.462
Riboflavin	mg366	+ .0211	12	.014	.041	1.662
Niacin	mg	1.640	+ .1411	21	.061	.182	7.446
Pantothenic acid	mg	—	—	—	—	—	—
Vitamin B ₆	mg	—	—	—	—	—	—
Folacin	mcg	57	+ .0001	1	2.109	6.327	258.6
Vitamin B ₁₂	mcg	0	+ .0001	0	0	0	0
Vitamin A	{ RE	—	—	—	—	—	—
	{ IU	—	—	—	—	—	—
LIPIDS:							
Fatty acids:							
Saturated, total	g	—	—	—	—	—	—
4:0	g	—	—	—	—	—	—
6:0	g	—	—	—	—	—	—
8:0	g	—	—	—	—	—	—
10:0	g	—	—	—	—	—	—
12:0	g	—	—	—	—	—	—
14:0	g	—	—	—	—	—	—
16:0	g	—	—	—	—	—	—
18:0	g	—	—	—	—	—	—
Monounsaturated, total	g	—	—	—	—	—	—
16:1	g	—	—	—	—	—	—
18:1	g	—	—	—	—	—	—
20:1	g	—	—	—	—	—	—
22:1	g	—	—	—	—	—	—
Polyunsaturated, total	g	—	—	—	—	—	—
18:2	g	—	—	—	—	—	—
18:3	g	—	—	—	—	—	—
18:4	g	—	—	—	—	—	—
20:4	g	—	—	—	—	—	—
20:5	g	—	—	—	—	—	—
22:5	g	—	—	—	—	—	—
22:6	g	—	—	—	—	—	—
Cholesterol	mg	0	+ .0001	0	0	0	0
Phytosterols	mg	140	+ .0001	5	16	635	
AMINO ACIDS:							
Tryptophan	g391	+ .014	.043	.043	1.773	
Threonine	g898	+ .033	.100	.100	4.078	
Isoleucine	g	1.241	+ .046	.138	.138	5.634	
Leucine	g	1.757	+ .065	.195	.195	7.979	
Lysine	g	1.684	+ .062	.187	.187	7.644	
Methionine	g338	+ .013	.038	.038	1.537	
Cystine	g369	+ .014	.041	.041	1.675	
Phenylalanine	g	1.089	+ .040	.121	.121	4.945	
Tyrosine	g764	+ .028	.085	.085	3.467	
Valine	g	1.102	+ .041	.122	.122	5.004	
Arginine	g	2.465	+ .091	.274	.274	11.190	
Histidine	g668	+ .025	.074	.074	3.034	
Alanine	g	1.020	+ .038	.113	.113	4.630	
-Aspartic acid	g	2.708	+ .100	.301	.301	12.293	
Glutamic acid	g	3.988	+ .148	.443	.443	18.105	
Glycine	g	1.306	+ .048	.145	.145	5.930	
Proline	g	1.198	+ .044	.133	.133	5.437	
Serine	g	1.215	+ .045	.135	.135	5.516	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	B	C		E	F		
A	B	C	D	1 tsp = 2.8 g	1 tbsp = 8.4 g	G	
PROXIMATE:							
Water	g	6.45	± 0.170	44	0.18	0.54	
Food energy	{ kcal	332			.9	28	
Food energy	{ kJ	1,391			.39	117	
Protein (N X 6.25)	g	16.80	+ .8352	5	.47	1.41	
Total lipid (fat)	g76	± .11	9	.02	.06	
Carbohydrate, total	g	72.71			2.04	6.11	
Fiber	g	1.87	+ .0446	4	.05	.16	
Ash	g	3.29	± .196	27	.09	.28	
MINERALS:							
Calcium	mg	80		2	2	7	
Iron	mg	2.75	+ .482	5	.08	.23	
Magnesium	mg	58	± 10	3	2	5	
Phosphorus	mg	417	+ 21.9	3	12	35	
Potassium	mg	1,101	+ 40.85	4	31	93	
Sodium	mg	26	± 8.6	3	1	2	
Zinc	mg	2.63	± .350	4	.07	.22	
VITAMINS:							
Ascorbic acid	mg	—					
Thiamin	mg466		2	.013	.039	
Riboflavin	mg152		2	.004	.013	
Niacin	mg692		1	.019	.058	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	0			0	0	
Vitamin A	{ RE	Trace		1	—	—	
	{ IU	Trace		1	—	—	
LIPIDS:							
Fatty acids:							
Saturated, total	g	—					
4:0	g	—					
6:0	g	—					
8:0	g	—					
10:0	g	—					
12:0	g	—					
14:0	g	—					
16:0	g	—					
18:0	g	—					
Monounsaturated, total	g	—					
16:1	g	—					
18:1	g	—					
20:1	g	—					
22:1	g	—					
Polyunsaturated, total	g	—					
18:2	g	—					
18:3	g	—					
18:4	g	—					
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0			0	0	
Phytosterols	mg	8			Trace	1	
AMINO ACIDS:							
Tryptophan	g215			.006	.018	
Threonine	g468			.013	.039	
Isoleucine	g648			.018	.054	
Leucine	g	1.027			.029	.086	
Lysine	g578			.016	.049	
Methionine	g336			.009	.028	
Cystine	g172			.005	.014	
Phenylalanine	g484			.014	.041	
Tyrosine	g215			.006	.018	
Valine	g712			.020	.060	
Arginine	g	1.674			.047	.141	
Histidine	g309			.009	.026	
Alanine	g349			.010	.029	
Aspartic acid	g	1.290			.036	.108	
Glutamic acid	g	2.126			.060	.179	
Glycine	g527			.015	.044	
Proline	g263			.007	.022	
Serine	g503			.014	.042	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse:0
	A	B		C	D	
PROXIMATE:				1 tsp = 1.8 g	1 tbsp = 5.4 g	
Water	g	9.38	± 0.0711	781	0.17	0.51
Food energy	{ kcal	347		6	.19	42.57
	kJ	1,452		26	78	1,575
Protein (N X 6.25)	g	9.12	± .278	63	.16	41.41
Total lipid (fat)	g	5.95	± .0839	400	.11	.32
Carbohydrate, total	g	70.79			1.27	27.01
Fiber	g	5.91	± .231	155	.11	3.82
Ash	g	4.77	± .0403	1,006	.09	26.85
MINERALS:						
Calcium	mg	116	± 16.6	7	2	6
Iron	mg	11.52	± 1.850	6	.21	.62
Magnesium	mg	184	± 9.27	5	3	835
Phosphorus	mg	148	± 17.5	4	3	670
Potassium	mg	1,342	± 104.2	8	24	6,087
Sodium	mg	32	± 2.7	13	1	2
Zinc	mg	4.72	± .429	7	.08	.25
VITAMINS:						
Ascorbic acid	mg	—				
Thiamin	mg046		1	.001	.002
Riboflavin	mg185	± .0435	3	.003	.010
Niacin	mg	5.155	± 3.245	2	.093	.278
Pantothenic acid	mg	—			—	—
Vitamin B ₆	mg	—			—	—
Folacin	mcg	—			—	—
Vitamin B ₁₂	mcg	0			0	0
Vitamin A	{ RE	15		1	Trace	1
	{ IU	147		1	3	8
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.94			.03	.10
4:0	g	—				8.80
6:0	g	—				
8:0	g06		1	Trace	.27
10:0	g18		1	Trace	.82
12:0	g33		1	.01	1.50
14:0	g15		1	Trace	.68
16:0	g	1.02		1	.02	4.63
18:0	g14		1	Trace	.64
Monounsaturated, total	g	1.00			.02	.05
16:1	g	—				4.54
18:1	g	1.00		1	.02	.05
20:1	g	—				
22:1	g	—				
Polyunsaturated, total	g	1.31			.02	.07
18:2	g	1.02		1	.02	.06
18:3	g29		1	.01	.02
18:4	g	—				
20:4	g	—				
20:5	g	—				
22:5	g	—				
22:6	g	—				
Cholesterol	mg	0			0	0
Phytosterols	mg	83			1	376
AMINO ACIDS:						
Tryptophan	g063			.001	.003
Threonine	g187			.003	.848
Isoleucine	g266			.005	.014
Leucine	g387			.007	.021
Lysine	g299			.005	.016
Methionine	g067			.001	.004
Cystine	g042			.004	.002
Phenylalanine	g236			.004	.013
Tyrosine	g102			.002	.006
Valine	g382			.007	.021
Arginine	g226			.004	.012
Histidine	g158			.003	.009
Alanine	g163			.003	.009
Aspartic acid	g	1.090			.020	.059
Glutamic acid	g848			.015	.046
Glycine	g226			.004	.012
Proline	g216			.004	.012
Serine	g236			.004	.013

MACE, ground
Myristica fragrans

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean \pm standard error		Number of samples	Approximate measure and weight		Refuse: 0	G
	A	B		C	E	F	
PROXIMATE:				1 tsp = 1.7 g	1 tbs = 5.3 g		
Water	g	8.17	\pm 0.229	107	0.14	0.43	37.06
Food energy	{ kcal	475			8	25	2,155
	kJ	1,989			.34	105	9,022
Protein (N X 6.25)	g	6.71	\pm .232	22	.11	.36	30.46
Total lipid (fat)	g	32.38	\pm .4161	131	.55	1.72	146.88
Carbohydrate, total	g	50.51			.86	2.68	229.11
Fiber	g	4.77	\pm .262	64	.08	.25	21.64
Ash	g	2.23	\pm .0485	179	.04	.12	10.12
MINERALS:							
Calcium	mg	252	\pm 23.0	6	4	13	1,146
Iron	mg	13.90	\pm 2.710	5	.24	.74	63.11
Magnesium	mg	163	\pm 3.33	3	3	9	742
Phosphorus	mg	110	\pm 7.07	4	2	6	499
Potassium	mg	463	\pm 81.4	6	8	25	2,101
Sodium	mg	80	\pm 13	8	1	4	364
Zinc	mg	2.30	\pm .460	4	.04	.12	10.44
VITAMINS:							
Ascorbic acid	mg	—					
Thiamin	mg312		2	.005	.017	1.416
Riboflavin	mg448	\pm .0613	5	.008	.024	2.034
Niacin	mg	1.350	\pm .1826	5	.023	.072	6.129
Pantothenic acid	mg	—					
Vitamin B ₆	mg	—					
Folacin	mcg	—					
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{ RE	80		1	1	4	363
	IU	800		1	14	42	3,629
LIPIDS:							
Fatty acids:							
Saturated, total	g	9.51			.16	.50	43.14
4:0	g	—					
6:0	g	—					
8:0	g	—					
10:0	g	—					
12:0	g	—					
14:0	g93		1	.02	.05	4.22
16:0	g	7.69		1	.13	.41	34.88
18:0	g43		1	.01	.02	1.95
Monounsaturated, total	g	11.17			.19	.59	50.67
16:1	g58		1	.01	.03	2.63
18:1	g	10.59		1	.18	.56	48.04
20:1	g	—					
22:1	g	—					
Polyunsaturated, total	g	4.39			.07	.23	19.91
18:2	g	4.31		1	.07	.23	19.55
18:3	g08		1	Trace	Trace	.36
18:4	g	—					
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0			0	0	0
Phytosterols	mg	73			1	4	331
AMINO ACIDS:							
Tryptophan	g	—					
Threonine	g	—					
Isoleucine	g	—					
Leucine	g	—					
Lysine	g	—					
Methionine	g	—					
Cystine	g	—					
Phenylalanine	g	—					
Tyrosine	g	—					
Valine	g	—					
Arginine	g	—					
Histidine	g	—					
Alanine	g	—					
Aspartic acid	g	—					
Glutamic acid	g	—					
Glycine	g	—					
Proline	g	—					
Serine	g	—					

MARJORAM, dried
Majorana hortensis

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	B	C		E	F		
A			D	1 tsp = 0.6 g	1 tbsp = 1.7 g	G	
PROXIMATE:							
Water	g	7.64	± 0.148	28	0.05	0.13	34.69
Food energy	kcal	271		2	.5	1,232	
	kJ	1,136		7	.19	5,158	
Protein (N X 6.25)	g	12.66	± .5154	5	.08	.21	57.49
Total lipid (fat)	g	7.04	± .176	5	.04	.12	31.94
Carbohydrate, total	g	60.56			.36	1.03	274.93
Fiber	g	18.11	± 1.093	5	.11	.31	82.23
Ash	g	12.10	± .2286	203	.07	.21	54.94
MINERALS:							
Calcium	mg	1,990	± 197.7	10	12	34	9,034
Iron	mg	82.71	± 7.638	8	.50	1.41	375.51
Magnesium	mg	346	± 15.7	8	2	6	1,570
Phosphorus	mg	306	± 39.1	7	2	5	1,389
Potassium	mg	1,522	± 72.98	12	9	26	6,910
Sodium	mg	77	± 9.4	15	Trace	1	350
Zinc	mg	3.60	± .378	5	.02	.06	16.34
VITAMINS:							
Ascorbic acid	mg	51.43		1	.31	.87	233.49
Thiamin	mg289		1	.002	.005	1.312
Riboflavin	mg316		1	.002	.005	1.435
Niacin	mg	4.120		1	.025	.070	18.705
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	—			—	—	—
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{RE.	807		1	5	14	3,660
	IU	8,068		1	48	137	36,596
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	60			Trace	1	272
AMINO ACIDS:							
Tryptophan	g				—	—	—
Threonine	g				—	—	—
Isoleucine	g				—	—	—
Leucine	g				—	—	—
Lysine	g				—	—	—
Methionine	g				—	—	—
Cystine	g				—	—	—
Phenylalanine	g				—	—	—
Tyrosine	g				—	—	—
Valine	g				—	—	—
Arginine	g				—	—	—
Histidine	g				—	—	—
Alanine	g				—	—	—
Aspartic acid	g				—	—	—
Glutamic acid	g				—	—	—
Glycine	g				—	—	—
Proline	g				—	—	—
Serine	g				—	—	—

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	A	B		C	D		
				1 tsp = 3.3 g	1 tbsp = 11.2 g		
PROXIMATE:							
Water	g	6.86	± 0.215	45	0.23	0.77	31.13
Food energy	{ kcal	469			15	53	2,131
	{ kJ	1,965			65	220	8,919
Protein (N × 5.40)	g	24.94	± .4305	49	.82	2.79	113.22
Total lipid (fat)	g	28.76	± .4329	72	.95	3.22	130.57
Carbohydrate, total	g	34.94			1.15	3.91	158.62
Fiber	g	6.55	± .234	33	.22	.73	29.75
Ash	g	4.51	± .0955	53	.15	.50	20.46
MINERALS:							
Calcium	mg	521	± 25.7	28	17	58	2,366
Iron	mg	9.98	± 1.02	8	.33	1.12	45.29
Magnesium	mg	298	± 8.69	22	10	33	1,355
Phosphorus	mg	841	± 31.0	22	28	94	3,817
Potassium	mg	682	± 42.7	10	23	76	3,098
Sodium	mg	5	± .7	10	Trace	1	21
Zinc	mg	5.70		1	.19	.64	25.88
VITAMINS:							
Ascorbic acid	mg	—			—	—	—
Thiamin	mg543		2	.018	.061	2.463
Riboflavin	mg381		2	.013	.043	1.728
Niacin	mg	7.890		2	.260	.884	35.791
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	—			—	—	—
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{ RE	6		1	Trace	1	28
	{ IU	62		1	2	7	281
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.46			.05	.16	6.62
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g77	± .028	25	.03	.09	3.49
18:0	g25	± .016	23	.01	.03	1.13
Monounsaturated, total	g	19.83			.65	2.22	89.95
16:1	g06	± .003	20	Trace	.01	.27
18:1	g	5.90	± .208	25	.20	.66	26.76
20:1	g	2.68	± .0683	25	.09	.30	12.16
22:1	g	10.68	± .2606	25	.35	1.20	48.44
Polyunsaturated, total	g	5.39			.18	.60	24.45
18:2	g	2.59	± .0838	25	.09	.29	11.75
18:3	g	2.68	± .0652	25	.09	.30	12.16
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	118			4	13	535
AMINO ACIDS:							
Tryptophan	g526			.017	.059	2.390
Threonine	g	1.095			.036	.123	4.969
Isoleucine	g	1.081			.036	.121	4.906
Leucine	g	1.783			.059	.200	8.093
Lysine	g	1.519			.050	.170	6.898
Methionine	g480			.016	.054	2.181
Cystine	g582			.019	.065	2.642
Phenylalanine	g	1.067			.035	.119	4.843
Tyrosine	g744			.025	.083	3.376
Valine	g	1.325			.044	.148	6.018
Arginine	g	1.750			.058	.196	7.947
Histidine	g762			.025	.085	3.460
Alanine	g	1.187			.039	.133	5.389
Aspartic acid	g	1.967			.065	.220	8.932
Glutamic acid	g	4.979			.164	.558	22.603
Glycine	g	1.312			.043	.147	5.955
Proline	g	1.944			.064	.218	8.827
Serine	g	1.081			.036	.121	4.906

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	A	B		E	F		
PROXIMATE:				1 tsp = 2.2 g	1 tbsp = 7.0 g		
Water	g	6.23	± 0.367	78	0.14	0.44	28.27
Food energy	{ kcal	525		12	.37		2,382
	kJ	2,196		48	154		9,970
Protein (N X 5.30)	g	5.84	± .111	20	.13	.41	26.49
Total lipid (fat)	g	36.31	± .4793	76	.80	2.54	164.83
Carbohydrate, total	g	49.29			1.08	3.45	223.77
Fiber	g	4.02	± .254	66	.09	.28	18.27
Ash	g	2.34	± .0639	119	.05	.16	10.62
MINERALS:							
Calcium	mg	184	± 22.5	5	4	13	837
Iron	mg	3.04	± .535	5	.07	.21	13.80
Magnesium	mg	183	± 24.0	3	4	13	832
Phosphorus	mg	213	± 9.46	4	5	15	965
Potassium	mg	350	± 74.2	5	8	24	1,587
Sodium	mg	16	± 2.7	5	Trace	1	74
Zinc	mg	2.15	± .352	4	.05	.15	9.76
VITAMINS:							
Ascorbic acid	mg	—			—	—	—
Thiamin	mg346		2	.008	.024	1.571
Riboflavin	mg057	± .049	5	.001	.004	.259
Niacin	mg	1.299	± .1432	5	.029	.091	5.897
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	—			—	—	—
Folic acid	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0		1	0	0	0
Vitamin A	{ RE	10		1	Trace	1	46
	IU	102		1	2	7	463
LIPIDS:							
Fatty acids:							
Saturated, total	g	25.94			.57	1.82	117.66
4:0	g	—					
6:0	g	—					
8:0	g	—					
10:0	g	—					
12:0	g37	± .21	3	.01	.03	1.68
14:0	g	22.83	± 1.861	3	.50	1.60	103.56
16:0	g	2.26	± 1.64	3	.05	.16	10.25
18:0	g17	± .14	3	Trace	.01	.77
Monounsaturated, total	g	3.22			.07	.23	14.65
16:1	g	1.40		1	.03	.10	6.35
18:1	g	1.59	± .528	3	.03	.11	7.21
20:1	g	—					
22:1	g	—					
Polyunsaturated, total	g35		2	.01	.02	1.59
18:2	g35			.01	.02	1.59
18:3	g	—					
18:4	g	—					
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0			0	0	0
Phytosterols	mg	62			1	4	281
AMINO ACIDS:							
Tryptophan	g	—			—	—	—
Threonine	g	—			—	—	—
Isoleucine	g	—			—	—	—
Leucine	g	—			—	—	—
Lysine	g	—			—	—	—
Methionine	g	—			—	—	—
Cystine	g	—			—	—	—
Phenylalanine	g	—			—	—	—
Tyrosine	g	—			—	—	—
Valine	g	—			—	—	—
Arginine	g	—			—	—	—
Histidine	g	—			—	—	—
Alanine	g	—			—	—	—
Aspartic acid	g	—			—	—	—
Glutamic acid	g	—			—	—	—
Glycine	g	—			—	—	—
Proline	g	—			—	—	—
Serine	g	—			—	—	—

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	B	C		E	F		
A				1 tsp = 2.1 g	1 tbsp = 6.5 g	G	
PROXIMATE:							
Water	g	5.01	± 0.216	19	0.11	0.32	
Food energy	{ kcal	347		7	23	22.72	
	{ kJ	1,451		30	94	1,574	
Protein (N X 6.25)	g	10.12	+ .8059	5	.21	.66	
Total lipid (fat)	g	1.05	± .0683	19	.02	.07	
Carbohydrate, total	g	80.67			1.69	5.24	
Fiber	g	5.69	+ 1.98	4	.12	.37	
Ash	g	3.15	± .169	24	.07	.20	
MINERALS:							
Calcium	mg	363	+ 41.8	7	8	24	
Iron	mg	2.56	± .472	6	.05	.17	
Magnesium	mg	122	+ 19.7	4	3	8	
Phosphorus	mg	340	+ 70.8	4	7	22	
Potassium	mg	943	+ 57.6	6	20	61	
Sodium	mg	54	± 8.3	7	1	3	
Zinc	mg	2.32	+ .433	4	.05	.15	
VITAMINS:							
Ascorbic acid	mg	14.69		1	.31	.95	
Thiamin	mg418		1	.009	.027	
Riboflavin	mg056		1	.001	.004	
Niacin	mg647		1	.014	.042	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	0			0	0	
Vitamin A	{ RE	Trace		1			
	{ IU	Trace					
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	
Phytosterols	mg	87		2	6	395	
AMINO ACIDS:							
Tryptophan	g120			.003	.008	
Threonine	g199			.004	.013	
Isoleucine	g293			.006	.019	
Leucine	g327			.007	.021	
Lysine	g467			.010	.030	
Methionine	g086			.002	.006	
Cystine	g181			.004	.012	
Phenylalanine	g249			.005	.016	
Tyrosine	g232			.005	.015	
Valine	g238			.005	.015	
Arginine	g	1.338			.028	.087	
Histidine	g136			.003	.009	
Alanine	g220			.005	.014	
Aspartic acid	g509			.011	.033	
Glutamic acid	g	1.884			.040	.122	
Glycine	g334			.007	.022	
Proline	g405			.009	.026	
Serine	g246			.005	.016	
						1.118	

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean \pm standard error		Number of samples	1 tsp = 1.5 g	Approximate measure and weight		Refuse: 0	
	A	B			E	F		
PROXIMATE:								
Water	g	7.16	\pm 0.322	22	0.11	0.32	32.52	
Food energy	{ kcal	306		5	14	1,389		
	{ kJ	1,280		19	58	5,813		
Protein (N \times 6.25)	g	11.00	\pm 1.313	3	.17	.50	49.95	
Total lipid (fat)	g	10.25	\pm 1.356	6	.15	.46	46.54	
Carbohydrate, total	g	64.43			.97	2.90	292.51	
Fiber	g	14.96	\pm 3.970	3	.22	.67	67.93	
Ash	g	7.15	\pm .252	20	.11	.32	32.48	
MINERALS:								
Calcium	mg	1,576	\pm 169.0	4	24	71	7,156	
Iron	mg	44.00	\pm 11.53	3	.66	1.98	199.76	
Magnesium	mg	270	\pm 10.0	3	4	12	1,226	
Phosphorus	mg	200	\pm 23.1	3	3	9	908	
Potassium	mg	1,669	\pm 62.40	4	25	75	7,576	
Sodium	mg	15	\pm 4.1	6	Trace	1	67	
Zinc	mg	4.43	\pm .498	3	.07	.20	20.13	
VITAMINS:								
Ascorbic acid	mg	—						
Thiamin	mg341		1	.005	.015	1.548	
Riboflavin	mg	—						
Niacin	mg	6.220		1	.093	.280	28.239	
Pantothenic acid	mg	—						
Vitamin B ₆	mg	—						
Folacin	mcg	—						
Vitamin B ₁₂	mcg	0			0	0	0	
Vitamin A	{ RE	690		1	10	31	3,131	
	{ IU	6,903		1	104	311	31,312	
LIPIDS:								
Fatty acids:								
Saturated, total	g	2.66			.04	.12	12.07	
4:0	g	—						
6:0	g	—						
8:0	g	—						
10:0	g04		1	Trace	Trace	.18	
12:0	g02		1	Trace	Trace	.09	
14:0	g17		1	Trace	.01	.77	
16:0	g	1.70		1	.03	.08	7.71	
18:0	g58		1	.01	.03	2.63	
Monounsaturated, total	g67			.01	.03	3.04	
16:1	g16		1	Trace	.01	.73	
18:1	g51		1	.01	.02	2.31	
20:1	g	—						
22:1	g	—						
Polyunsaturated, total	g	5.23			.08	.24	23.72	
18:2	g	1.05		1	.02	.05	4.76	
18:3	g	4.18		1	.06	.19	18.96	
18:4	g	—						
20:4	g	—						
20:5	g	—						
22:5	g	—						
22:6	g	—						
Cholesterol	mg	0			0	0	0	
Phytosterols	mg	203			3	9	921	
AMINO ACIDS:								
Tryptophan	g	—						
Threonine	g	—						
Isoleucine	g	—						
Leucine	g	—						
Lysine	g	—						
Methionine	g	—						
Cystine	g	—						
Phenylalanine	g	—						
Tyrosine	g	—						
Valine	g	—						
Arginine	g	—						
Histidine	g	—						
Alanine	g	—						
Aspartic acid	g	—						
Glutamic acid	g	—						
Glycine	g	—						
Proline	g	—						
Serine	g	—						

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean \pm standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	B	C		E	F	G	
A	B	C	D	1 tsp = 2.1 g	1 tbsp = 6.9 g		
PROXIMATE:							
Water	g	9.54	\pm 0.249	106	0.20	0.66	43.29
Food energy	{ kcal	289			6	20	1,311
	kJ	1,209			25	83	5,484
Protein (N X 6.25)	g	14.76	\pm .2288	66	.31	1.02	67.00
Total lipid (fat)	g	12.95	\pm .4156	138	.27	.89	58.81
Carbohydrate, total	g	55.74			1.17	3.85	253.04
Fiber	g	20.89	\pm .3458	92	.44	1.44	94.83
Ash	g	7.02	\pm .0889	201	.15	.48	31.86
MINERALS:							
Calcium	mg	177	\pm 16.3	19	4	12	803
Iron	mg	23.59	\pm 3.064	14	.50	1.63	107.10
Magnesium	mg	185	\pm 14.8	13	4	13	838
Phosphorus	mg	345	\pm 18.4	15	7	24	1,566
Potassium	mg	2,344	\pm 77.89	18	49	162	10,644
Sodium	mg	34	\pm 9.4	8	1	2	154
Zinc	mg	4.06	\pm .805	5	.08	.28	18.44
VITAMINS:							
Ascorbic acid	mg	71.12	\pm 15.12	21	1.49	4.91	322.60
Thiamin	mg645	\pm .0784	10	.014	.045	2.928
Riboflavin	mg	1.743	\pm .2142	10	.037	.120	7.913
Niacin	mg	15.320		2	.322	1.057	69.553
Pantothenic acid	mg	—		1	—	—	—
Vitamin B ₆	mg	—			—	—	—
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{ RE	6,060	\pm 389.0	62	127	418	27,490
	IU	60,604	\pm 3,890.2	62	1,273	4,182	274,900
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.10			.04	.14	9.53
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g23		2	Trace	.02	1.04
14:0	g52		2	.01	.04	2.36
16:0	g96		2	.02	.07	4.35
18:0	g33		1	.01	.02	1.50
Monounsaturated, total	g	1.23			.03	.08	5.58
16:1	g12		1	Trace	.01	.54
18:1	g	1.11		2	.02	.08	5.03
20:1	g						
22:1	g						
Polyunsaturated, total	g	8.32			.17	.57	37.74
18:2	g	7.42		2	.16	.51	33.66
18:3	g90		2	.02	.06	4.08
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	175			4	12	794
AMINO ACIDS:							
Tryptophan	g	—			—	—	—
Threonine	g	—			—	—	—
Isoleucine	g	—			—	—	—
Leucine	g	—			—	—	—
Lysine	g	—			—	—	—
Methionine	g	—			—	—	—
Cystine	g	—			—	—	—
Phenylalanine	g	—			—	—	—
Tyrosine	g	—			—	—	—
Valine	g	—			—	—	—
Arginine	g	—			—	—	—
Histidine	g	—			—	—	—
Alanine	g	—			—	—	—
Aspartic acid	g	—			—	—	—
Glutamic acid	g	—			—	—	—
Glycine	g	—			—	—	—
Proline	g	—			—	—	—
Serine	g	—			—	—	—

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	A	B		C	D		
				1 tsp = 0.3 g	1 tbsp = 1.3 g		
PROXIMATE:							
Water	g	9.02	± 1.69	11	0.03	0.12	40.95
Food energy	{ kcal	276		1	4	1,254	
		1,156		3	15	5,248	
Protein (N X 6.25)	g	22.42	± .6796	16	.07	.29	101.80
Total lipid (fat)	g	4.43	± .408	16	.01	.06	20.12
Carbohydrate, total	g	51.66			.15	.67	234.53
Fiber	g	10.32	± .6639	13	.03	.13	46.85
Ash	g	12.47	± .5758	17	.04	.16	56.61
MINERALS:							
Calcium	mg	1,468	± 64.66	41	4	19	6,663
Iron	mg	97.86	± 11.17	46	.29	1.27	444.28
Magnesium	mg	249	± 25.8	8	1	3	1,130
Phosphorus	mg	351	± 17.2	37	1	5	1,596
Potassium	mg	3,805	± 228.8	13	11	49	17,273
Sodium	mg	452	± 54.3	14	1	6	2,051
Zinc	mg	4.75	± .437	3	.01	.06	21.59
VITAMINS:							
Ascorbic acid	mg	122.04	± 79.104	7	.37	1.59	554.07
Thiamin	mg172		1	.001	.002	.781
Riboflavin	mg	1.230		1	.004	.016	5.584
Niacin	mg	7.929		1	.024	.103	35.998
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	1.002	± .1131	8	.003	.013	4.549
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{ RE	2,334		1	7	30	10,587
	IU	23,340		1	70	303	105,870
LIPIDS:							
Fatty acids:							
Saturated, total	g	—					
4:0	g	—					
6:0	g	—					
8:0	g	—					
10:0	g	—					
12:0	g	—					
14:0	g	—					
16:0	g	—					
18:0	g	—					
Monounsaturated, total	g	—					
16:1	g	—					
18:1	g	—					
20:1	g	—					
22:1	g	—					
Polyunsaturated, total	g	—					
18:2	g	—					
18:3	g	—					
18:4	g	—					
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0			0	0	0
Phytosterols	mg	—			—	—	—
AMINO ACIDS:							
Tryptophan	g	—			—	—	—
Threonine	g	—			—	—	—
Isoleucine	g	—			—	—	—
Leucine	g	—			—	—	—
Lysine	g	—			—	—	—
Methionine	g	—			—	—	—
Cystine	g	—			—	—	—
Phenylalanine	g	—			—	—	—
Tyrosine	g	—			—	—	—
Valine	g	—			—	—	—
Arginine	g	—			—	—	—
Histidine	g	—			—	—	—
Alanine	g	—			—	—	—
Aspartic acid	g	—			—	—	—
Glutamic acid	g	—			—	—	—
Glycine	g	—			—	—	—
Proline	g	—			—	—	—
Serine	g	—			—	—	—

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	A	B		C	D		
				1 tsp = 2.1 g	1 tbsp = 6.4 g		
PROXIMATE:							
Water	g	10.51	± 0.1991	321	0.22	0.67	47.72
Food energy	kcal	255			5	16	1,157
	kJ	1,066			22	68	4,835
Protein (N X 5.35)	g	10.95	± .1114	162	.23	.70	49.67
Total lipid (fat)	g	13.26	± .166	198	.07	.21	14.80
Carbohydrate, total	g	64.81			1.36	4.15	293.98
Fiber	g	13.13	± .1244	325	.28	.84	59.61
Ash	g	4.33	± .0368	1,671	.09	.28	19.66
MINERALS:							
Calcium	mg	437	± 8.45	110	9	28	1,984
Iron	mg	28.86	± 7.456	8	.61	1.85	131.02
Magnesium	mg	194	± 13.1	42	4	12	881
Phosphorus	mg	173	± 9.19	52	4	11	785
Potassium	mg	1,259	± 87.19	12	26	81	5,716
Sodium	mg	44	± 12	9	1	3	200
Zinc	mg	1.42	± .295	6	.03	.09	6.45
VITAMINS:							
Ascorbic acid	mg	—					
Thiamin	mg109	± .0378	4	.002	.007	.495
Riboflavin	mg240	± .0124	6	.005	.015	1.090
Niacin	mg	1.142	± .1563	4	.024	.073	5.185
Pantothenic acid	mg	—					
Vitamin B ₆	mg	—					
Folacin	mcg	—					
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{RE. IU	19		1	Trace	1	86
	IU	190		1	4	12	862
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.33			.03	.09	6.03
4:0	g	—					
6:0	g	—					
8:0	g	—					
10:0	g	—					
12:0	g04		1	Trace	Trace	.18
14:0	g07		1	Trace	Trace	.32
16:0	g	1.22		1	.03	.08	5.53
18:0	g	—					
Monounsaturated, total	g	1.37			.03	.09	6.21
16:1	g	—					
18:1	g	1.37		1	.03	.09	6.21
20:1	g	—					
22:1	g	—					
Polyunsaturated, total	g	1.54			.03	.10	6.99
18:2	g	1.32		1	.03	.08	5.99
18:3	g22		1	Trace	.01	1.00
18:4	g	—					
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0			0	0	0
Phytosterols	mg	92			2	6	417
AMINO ACIDS:							
Tryptophan	g	—					
Threonine	g	—					
Isoleucine	g	—					
Leucine	g	—					
Lysine	g	—					
Methionine	g	—					
Cystine	g	—					
Phenylalanine	g	—					
Tyrosine	g	—					
Valine	g	—					
Arginine	g	—					
Histidine	g	—					
Alanine	g	—					
Aspartic acid	g	—					
Glutamic acid	g	—					
Glycine	g	—					
Proline	g	—					
Serine	g	—					

¹ Total proximates do not equal 100% because piperine was subtracted from lipid value.

PEPPER, red or cayenne

*Capiscum frutescens**Capiscum annuum*

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased		
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse:0		
	A	B		C	D		G	
PROXIMATE:					1 tsp = 1.8 g	1 tbsp = 5.3 g		
Water	g	8.05	±	0.295	121	0.14	0.43	36.53
Food energy	{ kcal	318			6	.17		1,444
Food energy	{ kJ	1,331			24	71		6,042
Protein (N X 6.25)	g	12.01	±	.3202	77	.22	.64	54.51
Total lipid (fat)	g	17.27	±	.5014	171	.31	.92	78.41
Carbohydrate, total	g	56.63				1.02	3.00	257.12
Fiber	g	24.88	±	.4444	173	.45	1.32	112.97
Ash	g	6.04	±	.101	385	.11	.32	27.42
MINERALS:								
Calcium	mg	148	±	8.22	50	3	8	674
Iron	mg	7.80	±	.620	31	.14	.41	35.38
Magnesium	mg	152	±	10.9	4	3	8	689
Phosphorus	mg	293	±	10.4	51	5	16	1,332
Potassium	mg	2,014	±	128.1	8	36	107	9,144
Sodium	mg	30	±	8.4	5	1	2	136
Zinc	mg	2.48	±	.614	4	.05	.13	11.24
VITAMINS:								
Ascorbic acid	mg	76.44	±	11.43	40	1.38	4.05	347.06
Thiamin	mg328	±	.0328	34	.006	.017	1,489
Riboflavin	mg919	±	.0928	34	.017	.049	4.172
Niacin	mg	8.701	±	.7345	29	.157	.461	39.503
Pantothenic acid	mg	—			—	—	—	—
Vitamin B ₆	mg	—			—	—	—	—
Folacin	mcg	—			—	—	—	—
Vitamin B ₁₂	mcg	0			0	0	0	0
Vitamin A	{ RE	4,161			2	75	220	18,874
	{ IU	41,610			2	749	2,205	188,743
LIPIDS:								
Fatty acids:								
Saturated, total	g	3.26				.06	.17	14.79
4:0	g							
6:0	g							
8:0	g							
10:0	g03			1	Trace	Trace	.14
12:0	g03			1	Trace	Trace	.14
14:0	g09			1	Trace	Trace	.41
16:0	g	2.36			1	.04	.13	10.70
18:0	g49			1	.01	.03	2.22
Monounsaturated, total	g	2.75				.05	.15	12.47
16:1	g24			1	Trace	.01	1.09
18:1	g	2.51			1	.05	.13	11.39
20:1	g							
22:1	g							
Polyunsaturated, total	g	8.37				.15	.44	37.97
18:2	g	7.71			1	.14	.41	34.97
18:3	g66			1	.01	.03	2.99
18:4	g							
20:4	g							
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	0				0	0	0
Phytosterols	mg	83				1	4	376
AMINO ACIDS:								
Tryptophan	g	—			—	—	—	—
Threonine	g	—			—	—	—	—
Isoleucine	g	—			—	—	—	—
Leucine	g	—			—	—	—	—
Lysine	g	—			—	—	—	—
Methionine	g	—			—	—	—	—
Cystine	g	—			—	—	—	—
Phenylalanine	g	—			—	—	—	—
Tyrosine	g	—			—	—	—	—
Valine	g	—			—	—	—	—
Arginine	g	—			—	—	—	—
Histidine	g	—			—	—	—	—
Alanine	g	—			—	—	—	—
Aspartic acid	g	—			—	—	—	—
Glutamic acid	g	—			—	—	—	—
Glycine	g	—			—	—	—	—
Proline	g	—			—	—	—	—
Serine	g	—			—	—	—	—

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0		
	Mean ± standard error		Number of samples	Approximate measure and weight				
	A	B		C	D			
PROXIMATE:								
Water	g	11.42	±	0.1794	132	0.27	0.81	51.85
Food energy	{ kcal	296				7	21	1,343
		1,239				30	83	5,620
Protein (N X 5.35)	g	10.40	±	.1197	78	.25	.74	47.22
Total lipid (fat)	g	12.12	±	.159	75	.05	.15	9.62
Carbohydrate, total	g	68.61				1.65	4.87	311.21
Fiber	g	4.34	±	.122	149	.10	.31	19.68
Ash	g	1.59	±	.0263	1,023	.04	.11	7.20
MINERALS:								
Calcium	mg	265	±	30.0	12	6	19	1,205
Iron	mg	14.31	±	2.923	8	.34	1.02	64.98
Magnesium	mg	90	±	12	12	2	6	410
Phosphorus	mg	176	±	12.0	11	4	12	799
Potassium	mg	73	±	7.9	9	2	5	329
Sodium	mg	5	±	1	7	Trace	Trace	23
Zinc	mg	1.13	±	.272	6	.03	.08	5.11
VITAMINS:								
Ascorbic acid	mg	—				—	—	—
Thiamin	mg022			1	.001	.002	.100
Riboflavin	mg126			1	.003	.009	.572
Niacin	mg212			1	.005	.015	.962
Pantothenic acid	mg	—				—	—	—
Vitamin B ₆	mg	—				—	—	—
Folacin	mcg	—				—	—	—
Vitamin B ₁₂	mcg	0				0	0	0
Vitamin A	{ RE	Trace			1	—	—	—
	{ IU	Trace			1	—	—	—
LIPIDS:								
Fatty acids:								
Saturated, total	g	—				—	—	—
4:0	g	—				—	—	—
6:0	g	—				—	—	—
8:0	g	—				—	—	—
10:0	g	—				—	—	—
12:0	g	—				—	—	—
14:0	g	—				—	—	—
16:0	g	—				—	—	—
18:0	g	—				—	—	—
Monounsaturated, total	g	—				—	—	—
16:1	g	—				—	—	—
18:1	g	—				—	—	—
20:1	g	—				—	—	—
22:1	g	—				—	—	—
Polyunsaturated, total	g	—				—	—	—
18:2	g	—				—	—	—
18:3	g	—				—	—	—
18:4	g	—				—	—	—
20:4	g	—				—	—	—
20:5	g	—				—	—	—
22:5	g	—				—	—	—
22:6	g	—				—	—	—
Cholesterol	mg	0				0	0	0
Phytosterols	mg	55				1	4	249
AMINO ACIDS:								
Tryptophan	g	—				—	—	—
Threonine	g	—				—	—	—
Isoleucine	g	—				—	—	—
Leucine	g	—				—	—	—
Lysine	g	—				—	—	—
Methionine	g	—				—	—	—
Cystine	g	—				—	—	—
Phenylalanine	g	—				—	—	—
Tyrosine	g	—				—	—	—
Valine	g	—				—	—	—
Arginine	g	—				—	—	—
Histidine	g	—				—	—	—
Alanine	g	—				—	—	—
Aspartic acid	g	—				—	—	—
Glutamic acid	g	—				—	—	—
Glycine	g	—				—	—	—
Proline	g	—				—	—	—
Serine	g	—				—	—	—

¹ Total proximates do not equal 100% because piperine was subtracted from lipid value.

POPPY SEED

Papaver somniferum

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	A	B		C	D		
				1 tsp = 2.8 g	1 tbsp = 8.8 g		
PROXIMATE:							
Water	g	6.78	± 0.550	27	0.19	0.60	
Food energy	{ kcal	533	kJ	2,231	15	47	
Protein (N X 5.30)	g	18.04	± .5144	18	.50	1.59	
Total lipid (fat)	g	44.70	± .8484	29	1.25	3.93	
Carbohydrate, total	g	23.69			.66	2.09	
Fiber	g	6.26	± .452	12	.18	.55	
Ash	g	6.78	± .235	25	.19	.60	
MINERALS:							
Calcium	mg	1,448	± 67.31	9	41	127	
Iron	mg	9.40	± .323	10	.26	.82	
Magnesium	mg	331	± 16.2	4	9	29	
Phosphorus	mg	848	± 19.0	9	24	75	
Potassium	mg	700	± 64.4	5	20	62	
Sodium	mg	21	± 5.5	3	1	2	
Zinc	mg	10.23	± 1.247	3	.29	.90	
VITAMINS:							
Ascorbic acid	mg	—	—	—	—	—	
Thiamin	mg849	± .0726	6	.024	.075	
Riboflavin	mg173	± .0077	6	.005	.015	
Niacin	mg976	± .0522	9	.027	.086	
Pantothenic acid	mg	—	—	—	—	—	
Vitamin B ₆	mg444		2	.012	.039	
Folacin	mcg	—	—	—	—	—	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	Trace		1	—	—	
	IU	Trace		1	—	—	
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.87			.14	.43	
4:0	g	—	—	—	—	—	
6:0	g	—	—	—	—	—	
8:0	g	—	—	—	—	—	
10:0	g	—	—	—	—	—	
12:0	g	—	—	—	—	—	
14:0	g	—	—	—	—	—	
16:0	g	4.11	± .247	5	.12	.36	
18:0	g67	± .081	5	.02	.06	
Monounsaturated, total	g	6.34			.18	.56	
16:1	g13		1	Trace	.01	
18:1	g	6.17	± .547	5	.17	.54	
20:1	g04		1	Trace	Trace	
22:1	g	—	—	—	—	—	
Polyunsaturated, total	g	30.82			.86	2.71	
18:2	g	30.49	± .4565	5	.85	2.68	
18:3	g33	± .19	3	.01	.03	
18:4	g	—	—	—	—	—	
20:4	g	—	—	—	—	—	
20:5	g	—	—	—	—	—	
22:5	g	—	—	—	—	—	
22:6	g	—	—	—	—	—	
Cholesterol	mg	0			0	0	
Phytosterols	mg	89			2	8	
AMINO ACIDS:							
Tryptophan	g255			.007	.022	
Threonine	g905			.025	.080	
Isoleucine	g905			.025	.080	
Leucine	g	1.484			.042	.131	
Lysine	g	1.099			.031	.097	
Methionine	g470			.013	.041	
Cystine	g453			.013	.040	
Phenylalanine	g882			.025	.078	
Tyrosine	g681			.019	.060	
Valine	g	1.287			.036	.113	
Arginine	g	1.995			.056	.176	
Histidine	g528			.015	.046	
Alanine	g	1.178			.033	.104	
Aspartic acid	g	2.202			.062	.194	
Glutamic acid	g	4.541			.127	.400	
Glycine	g	1.123			.031	.099	
Proline	g	1.062			.030	.093	
Serine	g987			.028	.087	

Values were derived from a spice mixture containing white pepper, sage, thyme, marjoram, savory, ginger, allspice, and nutmeg.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean ± standard error	Number of samples	Approximate measure and weight	1 tsp = 1.5 g	1 tbsp = 3.7 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	9.31		0.14	0.34	42.23
Food energy	{ kcal	307		.5	.11	1,393
	{ kJ	1,286		19	48	5,833
Protein (N X 5.89)	g	9.59		.14	.35	43.50
Total lipid (fat)	g	17.53		.11	.28	34.16
Carbohydrate, total	g	65.59		.98	2.43	297.52
Fiber	g	11.30		.17	.42	51.26
Ash	g	5.92		.09	.22	26.85
MINERALS:						
Calcium	mg	996		15	37	4,518
Iron	mg	35.30		.53	1.31	160.12
Magnesium	mg	224		3	8	1,016
Phosphorus	mg	171		3	6	776
Potassium	mg	684		10	25	3,103
Sodium	mg	27		Trace	1	122
Zinc	mg	3.14		.05	.12	14.23
VITAMINS:						
Ascorbic acid	mg	11.96		.18	.44	54.25
Thiamin	mg264		.004	.010	1.198
Riboflavin	mg191		.003	.007	.866
Niacin	mg	2.970		.045	.110	13.472
Pantothenic acid	mg	—		—	—	—
Vitamin B ₆	mg	—		—	—	—
Folacin	mcg	—		—	—	—
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	263		4	10	1,194
	{ IU	2,632		39	97	11,939
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg	96		1	4	435
AMINO ACIDS:						
Tryptophan	g	—		—	—	—
Threonine	g	—		—	—	—
Isoleucine	g	—		—	—	—
Leucine	g	—		—	—	—
Lysine	g	—		—	—	—
Methionine	g	—		—	—	—
Cystine	g	—		—	—	—
Phenylalanine	g	—		—	—	—
Tyrosine	g	—		—	—	—
Valine	g	—		—	—	—
Arginine	g	—		—	—	—
Histidine	g	—		—	—	—
Alanine	g	—		—	—	—
Aspartic acid	g	—		—	—	—
Glutamic acid	g	—		—	—	—
Glycine	g	—		—	—	—
Proline	g	—		—	—	—
Serine	g	—		—	—	—

¹ Total proximates do not equal 100% because piperine was subtracted from lipid value for white pepper.

Values were derived from a spice mixture containing cinnamon, ginger, nutmeg, allspice, and cloves.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0	
	Mean \pm standard error		Number of samples	Approximate measure and weight			
	A	B		C	D		
				1 tsp = 1.7 g	1 tbsp = 5.6 g	G	
PROXIMATE:							
Water	g	8.46		0.14	0.47	38.37	
Food energy	{ kcal	342	6	.19		T,551	
	kJ	1,429	24	.80		6,482	
Protein (N X 6.06)	g	5.76		.10	.32	26.13	
Total lipid (fat)	g	12.60		.21	.71	57.15	
Carbohydrate, total	g	69.28		1.17	3.88	314.25	
Fiber	g	14.85		.25	.83	67.36	
Ash	g	3.90		.07	.22	17.69	
MINERALS:							
Calcium	mg	682	12	38		3,094	
Iron	mg	19.71	.34	1.10		89.40	
Magnesium	mg	136	2	8		617	
Phosphorus	mg	118	2	7		535	
Potassium	mg	663	11	37		3,007	
Sodium	mg	52	1	3		236	
Zinc	mg	2.37		.04	.13	10.75	
VITAMINS:							
Ascorbic acid	mg	23.38		.40	1.31	106.07	
Thiamin	mg131		.002	.007	.594	
Riboflavin	mg137		.002	.008	.621	
Niacin	mg	2.243		.038	.307	10.174	
Pantothenic acid	mg	—		—	—	—	
Vitamin B ₆	mg	—		—	—	—	
Folacin	mcg	—		—	—	—	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	26		Trace	2	118	
	IU	261		4	15	1,184	
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0		0	
Phytosterols	mg	71	1		4	322	
AMINO ACIDS:							
Tryptophan	g	—		—	—	—	
Threonine	g	—		—	—	—	
Isoleucine	g	—		—	—	—	
Leucine	g	—		—	—	—	
Lysine	g	—		—	—	—	
Methionine	g	—		—	—	—	
Cystine	g	—		—	—	—	
Phenylalanine	g	—		—	—	—	
Tyrosine	g	—		—	—	—	
Valine	g	—		—	—	—	
Arginine	g	—		—	—	—	
Histidine	g	—		—	—	—	
Alanine	g	—		—	—	—	
Aspartic acid	g	—		—	—	—	
Glutamic acid	g	—		—	—	—	
Glycine	g	—		—	—	—	
Proline	g	—		—	—	—	
Serine	g	—		—	—	—	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse:0		
	A	B		C	D	E	F	
PROXIMATE:					1 tsp = 1.2 g	1 tbsp = 3.3 g		
Water	g	9.31	± 1.52	7	0.11	0.31	42.25	
Food energy	{ kcal	331		4		11	1,505	
	{ kJ	1,387		17		46	6,298	
Protein (N X 6.25)	g	4.88	± .808	3	.06	.16	22.17	
Total lipid (fat)	g	15.22	± 1.818	4	.18	.50	69.10	
Carbohydrate, total	g	64.06			.77	2.11	290.85	
Fiber	g	17.65	± 1.108	3	.21	.58	80.12	
Ash	g	6.53	± .340	6	.08	.21	29.64	
MINERALS:								
Calcium	mg	1,280	± 188.1	4	15	42	5,811	
Iron	mg	29.25	± 7.158	4	.35	.96	132.79	
Magnesium	mg	220	± 5.77	3	3	7	999	
Phosphorus	mg	70	± 21	3	1	2	318	
Potassium	mg	955	± 70.8	5	11	32	4,337	
Sodium	mg	50	± 3.8	6	1	2	225	
Zinc	mg	3.23	± .233	3	.04	.11	14.68	
VITAMINS:								
Ascorbic acid	mg	61.22		1	.74	2.02	277.94	
Thiamin	mg514		1	.006	.017	2.334	
Riboflavin	mg	—			—	—	—	
Niacin	mg	1.000		1	.012	.033	4.540	
Pantothenic acid	mg	—			—	—	—	
Vitamin B ₆	mg	—			—	—	—	
Folacin	mcg	—			—	—	—	
Vitamin B ₁₂	mcg	0			0	0	0	
Vitamin A	{ RE	313		1	4	10	1,419	
	{ IU	3,128		1	38	103	14,189	
LIPIDS:								
Fatty acids:								
Saturated, total	g	—						
4:0	g	—						
6:0	g	—						
8:0	g	—						
10:0	g	—						
12:0	g	—						
14:0	g	—						
16:0	g	—						
18:0	g	—						
Monounsaturated, total	g	—						
16:1	g	—						
18:1	g	—						
20:1	g	—						
22:1	g	—						
Polyunsaturated, total	g	—						
18:2	g	—						
18:3	g	—						
18:4	g	—						
20:4	g	—						
20:5	g	—						
22:5	g	—						
22:6	g	—						
Cholesterol	mg	0			0	0	0	
Phytosterols	mg	58			1	2	263	
AMINO ACIDS:								
Tryptophan	g	—			—	—	—	
Threonine	g	—			—	—	—	
Isoleucine	g	—			—	—	—	
Leucine	g	—			—	—	—	
Lysine	g	—			—	—	—	
Methionine	g	—			—	—	—	
Cystine	g	—			—	—	—	
Phenylalanine	g	—			—	—	—	
Tyrosine	g	—			—	—	—	
Valine	g	—			—	—	—	
Arginine	g	—			—	—	—	
Histidine	g	—			—	—	—	
Alanine	g	—			—	—	—	
Aspartic acid	g	—			—	—	—	
Glutamic acid	g	—			—	—	—	
Glycine	g	—			—	—	—	
Proline	g	—			—	—	—	
Serine	g	—			—	—	—	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean \pm standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	A	B		E	F		
PROXIMATE:				1 tsp = 0.7 g	1 tbsp = 2.1 g		
Water	g	11.90	\pm 0.2472	111	0.08	0.25	54.02
Food energy	{ kcal kJ	310 1,298		2	.7	1,409	
Protein (N X 6.25)	g	11.43	\pm .6843	12	.08	.24	51.90
Total lipid (fat)	g	5.85	\pm .737	17	.04	.12	26.57
Carbohydrate, total	g	65.37			.46	1.37	296.78
Fiber	g	3.87	\pm .254	13	.03	.08	17.57
Ash	g	5.45	\pm .0835	103	.04	.11	24.73
MINERALS:							
Calcium	mg	111		1	1	2	503
Iron	mg	11.10		1	.08	.23	50.39
Magnesium	mg	—					
Phosphorus	mg	252		1	2	5	1,145
Potassium	mg	1,724	\pm 251.5	3	12	36	7,827
Sodium	mg	148		2	1	3	673
Zinc	mg	—					
VITAMINS:							
Ascorbic acid	mg	—					
Thiamin	mg	—					
Riboflavin	mg	—					
Niacin	mg	—					
Pantothenic acid	mg	—					
Vitamin B ₆	mg	—					
Folacin	mcg	—					
Vitamin B ₁₂	mcg	0		0	0	0	0
Vitamin A	{ RE IU	—					
LIPIDS:							
Fatty acids:							
Saturated, total	g	—					
4:0	g	—					
6:0	g	—					
8:0	g	—					
10:0	g	—					
12:0	g	—					
14:0	g	—					
16:0	g	—					
18:0	g	—					
Monounsaturated, total	g	—					
16:1	g	—					
18:1	g	—					
20:1	g	—					
22:1	g	—					
Polyunsaturated, total	g	—					
18:2	g	—					
18:3	g	—					
18:4	g	—					
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0		0	0	0	0
Phytosterols	mg	—					
AMINO ACIDS:							
Tryptophan	g	—					
Threonine	g	—					
Isoleucine	g	—					
Leucine	g	—					
Lysine	g	—					
Methionine	g	—					
Cystine	g	—					
Phenylalanine	g	—					
Tyrosine	g	—					
Valine	g	—					
Arginine	g	—					
Histidine	g	—					
Alanine	g	—					
Aspartic acid	g	—					
Glutamic acid	g	—					
Glycine	g	—					
Proline	g	—					
Serine	g	—					

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	Amount in edible portion of 1 pound of food as purchased		
	Mean ± standard error		Number of samples	Approximate measure and weight					
	A	B		C	D				
PROXIMATE:									
Water	g	7.96	± 0.366	14	0.06	0.16	36.12		
Food energy	{ kcal	315		2		6	1,429		
	kJ	1,317		9		26	5,981		
Protein (N X 6.25)	g	10.62	± .3066	4	.07	.21	48.24		
Total lipid (fat)	g	12.74	± .2924	24	.09	.25	57.86		
Carbohydrate, total	g	60.73			.43	1.22	275.70		
Fiber	g	18.05	± .5702	33	.13	.36	81.96		
Ash	g	7.95	± .284	45	.06	.16	36.08		
MINERALS:									
Calcium	mg	1,652	± 107.5	6	12	33	7,500		
Iron	mg	28.12	± 3.969	6	.20	.56	127.65		
Magnesium	mg	428	± 19.1	5	3	9	1,943		
Phosphorus	mg	91	± 7.2	4	1	2	414		
Potassium	mg	1,070	± 100.7	7	7	21	4,858		
Sodium	mg	11	± 3.3	4	Trace	Trace	50		
Zinc	mg	4.70	± .622	5	.03	.09	21.34		
VITAMINS:									
Ascorbic acid	mg	32.38		2	.23	.65	147.03		
Thiamin	mg754		1	.005	.015	3.423		
Riboflavin	mg336		1	.002	.007	1.525		
Niacin	mg	5.720		1	.040	.114	25.969		
Pantothenic acid	mg	—			—	—	—		
Vitamin B ₆	mg	—			—	—	—		
Folacin	mcg	—			—	—	—		
Vitamin B ₁₂	mcg	0			0	0	0		
Vitamin A	{ RE	590		1	4	12	2,676		
	IU	5,900		1	41	118	26,762		
LIPIDS:									
Fatty acids:									
Saturated, total	g	7.03			.05	.14	31.89		
4:0	g								
6:0	g								
8:0	g71		1	Trace	.01	3.22		
10:0	g76		1	.01	.02	3.45		
12:0	g30		1	Trace	.01	1.36		
14:0	g72		1	.01	.01	3.27		
16:0	g	3.15		1	.02	.06	14.29		
18:0	g	1.25		1	.01	.02	5.67		
Monounsaturated, total	g	1.87			.01	.04	8.48		
16:1	g12		1	Trace	Trace	.54		
18:1	g	1.75		1	.01	.04	7.94		
20:1	g								
22:1	g								
Polyunsaturated, total	g	1.76			.01	.04	7.98		
18:2	g53		1	Trace	.01	2.40		
18:3	g	1.23		1	.01	.02	5.58		
18:4	g								
20:4	g								
20:5	g								
22:5	g								
22:6	g								
Cholesterol	mg	0			0	0	0		
Phytosterols	mg	244			2	5	1,107		
AMINO ACIDS:									
Tryptophan	g	—			—	—	—		
Threonine	g	—			—	—	—		
Isoleucine	g	—			—	—	—		
Leucine	g	—			—	—	—		
Lysine	g	—			—	—	—		
Methionine	g	—			—	—	—		
Cystine	g	—			—	—	—		
Phenylalanine	g	—			—	—	—		
Tyrosine	g	—			—	—	—		
Valine	g	—			—	—	—		
Arginine	g	—			—	—	—		
Histidine	g	—			—	—	—		
Alanine	g	—			—	—	—		
Aspartic acid	g	—			—	—	—		
Glutamic acid	g	—			—	—	—		
Glycine	g	—			—	—	—		
Proline	g	—			—	—	—		
Serine	g	—			—	—	—		

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased	
	Mean \pm standard error		Number of samples	Approximate measure and weight		Refuse: 0		
	A	B		E	1 tsp = 1.4 g	F	G	
PROXIMATE:								
Water	g	9.00	\pm	0.125	3	0.13	0.40	40.87
Food energy	{ kcal	272			4	12	1,235	
	kJ	1,139			16	50	5,169	
Protein (N X 6.25)	g	6.73	\pm	.419	3	.09	.30	30.55
Total lipid (fat)	g	5.91	\pm	.935	3	.08	.26	26.82
Carbohydrate, total	g	68.73				.96	3.02	312.03
Fiber	g	15.27	\pm	.0221	3	.21	.67	69.34
Ash	g	9.63	\pm	.612	5	.13	.42	43.72
MINERALS:								
Calcium	mg	2,132	\pm	213.7	5	30	94	9,677
Iron	mg	37.88	\pm	6.482	4	.53	1.67	171.95
Magnesium	mg	377	\pm	18.6	3	5	17	1,710
Phosphorus	mg	140	\pm	17.3	3	2	6	636
Potassium	mg	1,051	\pm	45.95	5	15	46	4,772
Sodium	mg	24	\pm	5.1	7	Trace	1	110
Zinc	mg	4.30	\pm	1.45	3	.06	.19	19.52
VITAMINS:								
Ascorbic acid	mg	—						
Thiamin	mg366			1	.005	.016	1.662
Riboflavin	mg	—						
Niacin	mg	4.080			1	.057	.180	18.523
Pantothenic acid	mg	—						
Vitamin B ₆	mg	—						
Folacin	mcg	—						
Vitamin B ₁₂	mcg	0				0	0	0
Vitamin A	{ RE	513			1	7	23	2,327
	IU	5,130			1	72	226	23,270
LIPIDS:								
Fatty acids:								
Saturated, total	g	—						
4:0	g	—						
6:0	g	—						
8:0	g	—						
10:0	g	—						
12:0	g	—						
14:0	g	—						
16:0	g	—						
18:0	g	—						
Monounsaturated, total	g	—						
16:1	g	—						
18:1	g	—						
20:1	g	—						
22:1	g	—						
Polyunsaturated, total	g	—						
18:2	g	—						
18:3	g	—						
18:4	g	—						
20:4	g	—						
20:5	g	—						
22:5	g	—						
22:6	g	—						
Cholesterol	mg	0				0	0	0
Phytosterols	mg	31				Trace	1	141
AMINO ACIDS:								
Tryptophan	g	—						
Threonine	g	—						
Isoleucine	g	—						
Leucine	g	—						
Lysine	g	—						
Methionine	g	—						
Cystine	g	—						
Phenylalanine	g	—						
Tyrosine	g	—						
Valine	g	—						
Arginine	g	—						
Histidine	g	—						
Alanine	g	—						
Aspartic acid	g	—						
Glutamic acid	g	—						
Glycine	g	—						
Proline	g	—						
Serine	g	—						

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	A	B		C	D		
PROXIMATE:				1 tsp = 2.7 g	1 tbsp = 8.0 g		
Water	g . . .	4.81	+ 0.272	29	0.13	0.38	21.84
Food energy	{ kcal . . .	588		16	.47		2,671
	{ kJ . . .	2,462		66		197	11,176
Protein (N X 5.30)	g . . .	26.38	+ .0998	613	.71	2.11	119.77
Total lipid (fat)	g . . .	54.78	+ .1077	614	1.48	4.38	248.68
Carbohydrate, total	g . . .	9.39			.25	.75	42.63
Fiber	g . . .	2.96	+ .250	20	.08	.24	13.43
Ash	g . . .	4.64	+ .413	26	.13	.37	21.07
MINERALS:							
Calcium	mg . . .	131	+ 50.8	19	4	10	595
Iron	mg . . .	7.80	+ .783	6	.21	.62	35.40
Magnesium	mg . . .	347	+ 41.8	3	.9	28	1,574
Phosphorus	mg . . .	776	+ 71.4	9	21	62	3,521
Potassium	mg . . .	407	+ 58.1	3	11	33	1,846
Sodium	mg . . .	40	+ 8.0	4	1	3	179
Zinc	mg . . .	10.25		2	.28	.82	46.54
VITAMINS:							
Ascorbic acid	mg . . .	—					—
Thiamin	mg722	+ .246	5	.019	.058	3.278
Riboflavin	mg085	+ .022	16	.002	.007	.386
Niacin	mg . . .	4.682	+ .1523	15	.126	.375	21.256
Pantothenic acid	mg681		2	.018	.054	3.092
Vitamin B ₆	mg146		2	.004	.012	.663
Folacin	mcg . . .	—					—
Vitamin B ₁₂	mcg . . .	0			0	0	0
Vitamin A	{ RE . . .	7		1	Trace	1	30
	{ IU . . .	66		1	2	5	299
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	—					—
4:0	g . . .	—					—
6:0	g . . .	—					—
8:0	g . . .	—					—
10:0	g . . .	—					—
12:0	g . . .	—					—
14:0	g . . .	—					—
16:0	g . . .	—					—
18:0	g . . .	—					—
Monounsaturated, total	g . . .	—					—
16:1	g . . .	—					—
18:1	g . . .	—					—
20:1	g . . .	—					—
22:1	g . . .	—					—
Polyunsaturated, total	g . . .	—					—
18:2	g . . .	—					—
18:3	g . . .	—					—
18:4	g . . .	—					—
20:4	g . . .	—					—
20:5	g . . .	—					—
22:5	g . . .	—					—
22:6	g . . .	—					—
Cholesterol	mg . . .	0			0	0	0
Phyosterols	mg . . .	—					—
AMINO ACIDS:							
Tryptophan	g473			.013	.038	2.147
Threonine	g . . .	1.180			.032	.094	5.356
Isoleucine	g . . .	1.289			.035	.103	5.853
Leucine	g . . .	2.150			.058	.172	9.762
Lysine	g831			.022	.066	3.774
Methionine	g896			.024	.072	4.068
Cystine	g523			.014	.042	2.373
Phenylalanine	g . . .	1.528			.041	.122	6.938
Tyrosine	g . . .	1.125			.030	.090	5.107
Valine	g . . .	1.478			.040	.118	6.712
Arginine	g . . .	3.325			.090	.266	15.095
Histidine	g677			.018	.054	3.073
Alanine	g . . .	1.409			.038	.113	6.395
Aspartic acid	g . . .	2.265			.061	.181	10.282
Glutamic acid	g . . .	4.943			.133	.395	22.440
Glycine	g . . .	1.896			.051	.152	8.610
Proline	g . . .	1.359			.037	.109	6.169
Serine	g . . .	1.309			.035	.105	5.943

TARRAGON, ground
Artemisia dracunculus

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	A	B		C	D		
PROXIMATE:				1 tsp = 1.6 g	1 tbsp = 4.8 g		
Water	g	7.74	± 1.18	7	0.12	0.37	
Food energy	{ kcal	295		5	14	35.13	
	kJ	1,237		20	59	1,341	
Protein (N × 6.25)	g	22.76	± 1.475	4	.36	5,614	
Total lipid (fat)	g	7.24	± .411	4	.12	103.35	
Carbohydrate, total	g	50.22			.80	32.88	
Fiber	g	7.41	± .886	4	.12	228.02	
Ash	g	12.03	± .8339	5	.19	33.63	
MINERALS:							
Calcium	mg	1,139	± 180.3	4	18	5,172	
Iron	mg	32.30	± 5.952	4	.52	146.64	
Magnesium	mg	347	± 64.4	3	6	1,574	
Phosphorus	mg	313	± 12.0	3	5	1,423	
Potassium	mg	3,020	± 356.5	6	48	13,709	
Sodium	mg	62	± 25	4	1	283	
Zinc	mg	3.90	± 1.56	3	.06	17.71	
VITAMINS:							
Ascorbic acid	mg	—			—	—	
Thiamin	mg251		1	.004	.012	
Riboflavin	mg	1.339		1	.021	.064	
Niacin	mg	8.950		1	.143	.430	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	0			0	0	
Vitamin A	{ RE	420		1	7	20	
	IU	4,200		1	67	202	
LIPIDS:							
Fatty acids:							
Saturated, total	g	—			—	—	
4:0	g	—			—	—	
6:0	g	—			—	—	
8:0	g	—			—	—	
10:0	g	—			—	—	
12:0	g	—			—	—	
14:0	g	—			—	—	
16:0	g	—			—	—	
18:0	g	—			—	—	
Monounsaturated, total	g	—			—	—	
16:1	g	—			—	—	
18:1	g	—			—	—	
20:1	g	—			—	—	
22:1	g	—			—	—	
Polyunsaturated, total	g	—			—	—	
18:2	g	—			—	—	
18:3	g	—			—	—	
18:4	g	—			—	—	
20:4	g	—			—	—	
20:5	g	—			—	—	
22:5	g	—			—	—	
22:6	g	—			—	—	
Cholesterol	mg	0			0	0	
Phytosterols	mg	81			1	4	
AMINO ACIDS:							
Tryptophan	g	—			—	—	
Threonine	g	—			—	—	
Isoleucine	g	—			—	—	
Leucine	g	—			—	—	
Lysine	g	—			—	—	
Methionine	g	—			—	—	
Cystine	g	—			—	—	
Phenylalanine	g	—			—	—	
Tyrosine	g	—			—	—	
Valine	g	—			—	—	
Arginine	g	—			—	—	
Histidine	g	—			—	—	
Alanine	g	—			—	—	
Aspartic acid	g	—			—	—	
Glutamic acid	g	—			—	—	
Glycine	g	—			—	—	
Proline	g	—			—	—	
Serine	g	—			—	—	

THYME, ground
Thymus vulgaris

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight			
	A	B		C	D		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	7.79	± 0.379	8	0.11 4 16	0.33 12 50	
Food energy	{ kcal	276				35.37 1,254 5,247	
	{ kJ	1,156					
Protein (N X 6.25)	g	9.10	± 1.86	6	.13	.39	
Total lipid (fat)	g	7.43	± .482	22	.10	.32	
Carbohydrate, total	g	63.94			.89	2.75	
Fiber	g	18.63	± .7006	21	.26	.80	
Ash	g	11.74	± .3719	46	.16	.50	
MINERALS:							
Calcium	mg	1,890	± 196.5	4	26	81	
Iron	mg	123.60	± 16.055	5	1.73	5.31	
Magnesium	mg	220	± 57.0	4	3	9	
Phosphorus	mg	201	± 30.7	4	3	9	
Potassium	mg	814	± 47.3	27	11	35	
Sodium	mg	55	± 12	10	1	2	
Zinc	mg	6.18	± .684	4	.09	.27	
VITAMINS:							
Ascorbic acid	mg	—				—	
Thiamin	mg513		1	.007	.022	
Riboflavin	mg399		1	.006	.017	
Niacin	mg	4.940		1	.069	.212	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	0			0	0	
Vitamin A	{ RE	380		1	5	16	
	{ IU	3,800		1	53	163	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.73			.04	.12	
4:0	g	—					
6:0	g	—					
8:0	g24		1	Trace	.01	
10:0	g12		1	Trace	.01	
12:0	g23		2	Trace	.01	
14:0	g15		2	Trace	.01	
16:0	g	1.72		2	.02	.07	
18:0	g28		1	Trace	.01	
Monounsaturated, total	g47			.01	.02	
16:1	g	—					
18:1	g47		2	.01	.02	
20:1	g	—					
22:1	g	—					
Polyunsaturated, total	g	1.19			.02	.05	
18:2	g50		2	.01	.02	
18:3	g69		2	.01	.03	
18:4	g	—					
20:4	g	—					
20:5	g	—					
22:5	g	—					
22:6	g	—					
Cholesterol	mg	0			0	0	
Phytosterols	mg	163			2	7	
AMINO ACIDS:							
Tryptophan	g186			.003	.008	
Threonine	g252			.004	.011	
Isoleucine	g468			.007	.020	
Leucine	g430			.006	.018	
Lysine	g207			.003	.009	
Methionine	g	—					
Cystine	g274			.004	.012	
Phenylalanine	g	—					
Tyrosine	g482			.007	.021	
Valine	g502			.007	.022	
Arginine	g	—			—	—	
Histidine	g	—			—	—	
Alanine	g	—			—	—	
Aspartic acid	g	—			—	—	
Glutamic acid	g	—			—	—	
Glycine	g	—			—	—	
Proline	g	—			—	—	
Serine	g	—			—	—	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse? 0	
	A	B		E	F		
PROXIMATE:				1 tsp = 2.2 g	1 tbsp = 6.8 g		
Water	g	11.36	± 0.3992	48	0.25	0.77	51.56
Food energy	{ kcal	354		8	24	1,606	
	kJ	1,480		33	101	6,721	
Protein (N × 6.25)	g	7.83	± .437	15	.17	.53	35.54
Total lipid (fat)	g	9.88	± 1.25	16	.22	.67	44.84
Carbohydrate, total	g	64.93			1.43	4.41	294.76
Fiber	g	6.71	± .725	15	.15	.46	30.48
Ash	g	6.02	± .139	54	.13	.41	27.31
MINERALS:							
Calcium	mg	182	± 26.1	6	4	12	829
Iron	mg	41.42	± 6.900	5	.91	2.82	188.05
Magnesium	mg	193	± 13.3	3	4	13	878
Phosphorus	mg	268	± 10.7	5	6	18	1,215
Potassium	mg	2,525	± 103.1	4	56	172	11,463
Sodium	mg	38	± 11	5	1	3	172
Zinc	mg	4.35	± .754	6	.10	.30	19.75
VITAMINS:							
Ascorbic acid	mg	25.85		2	.57	1.76	117.38
Thiamin	mg152	± .0546	4	.003	.010	.690
Riboflavin	mg233	± .0340	3	.005	.016	1.058
Niacin	mg	5.140	± .7111	3	.113	.350	23.336
Pantothenic acid	mg	—			—	—	—
Vitamin B ₆	mg	—			—	—	—
Folacin	mcg	—			—	—	—
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{ RE	Trace		1			
	{ IU	Trace		1			
LIPIDS:							
Fatty acids:							
Saturated, total	g	4:0	g				
		6:0	g				
		8:0	g				
		10:0	g				
		12:0	g				
		14:0	g				
		16:0	g				
		18:0	g				
Monounsaturated, total	g	16:1	g				
		18:1	g				
		20:1	g				
		22:1	g				
Polyunsaturated, total	g	18:2	g				
		18:3	g				
		18:4	g				
		20:4	g				
		20:5	g				
		22:5	g				
		22:6	g				
Cholesterol	mg	0			0	0	0
Phytosterols	mg	82			2	6	372
AMINO ACIDS:							
Tryptophan	g	—			—	—	—
Threonine	g	—			—	—	—
Isoleucine	g	—			—	—	—
Leucine	g	—			—	—	—
Lysine	g	—			—	—	—
Methionine	g	—			—	—	—
Cystine	g	—			—	—	—
Phenylalanine	g	—			—	—	—
Tyrosine	g	—			—	—	—
Valine	g	—			—	—	—
Arginine	g	—			—	—	—
Histidine	g	—			—	—	—
Alanine	g	—			—	—	—
Aspartic acid	g	—			—	—	—
Glutamic acid	g	—			—	—	—
Glycine	g	—			—	—	—
Proline	g	—			—	—	—
Serine	g	—			—	—	—